Preface

The name I go by is Amadioh. I am the Dawn of the Follanites. I am the first one, but I will not be the last. I was inspired to write my book to give people an idea of what Follanism is, rather than write a book trying to convince you that it is real.

Since this is the first book, I will not overdo myself. I have written this entire book to also tell the story of how Follanism came to be. I know it is not as good as others will be, but unlike other religions, Follanism is a religion that will evolve throughout time.

I should also note that this entire book was written by me in less than two weeks. I needed to get my religion out there as fast as possible due to the need to spread my beliefs. I promise that the second final word will be much better than this one.

This book is rather a practical one, and even if you don’t believe in my religion, feel free to use all the practical tips in this book for your life. It consists of two paragraphs, one in which I tell those who follow Follanism how to view these zeels they should accomplish, and the other practical one which tells everyone alive how they can meet their needs.

Good luck on your journey of reading the first final word.

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CHAPTER 1:

HEAVEN IS A PLACE ONLY GOD CAN SHARE

How long do you think you have to live from now? Will you spend your future as well as you have spent your past?

When I was small, around 7 years old, the world seemed bigger than it does now. It was a time when I could explore what I did not know rather than avoid it. My parents took me to the vastness of the sea. I would look at the horizon in awe and wonder. How could such a line connect the earth to the sky? I wanted to know what was there on the horizon. I believed that if I got there, I could touch the sun without having to fly. I had just started learning to swim, and I knew that swimming could not take me to the destination I wanted to reach. I luckily had an inflatable swim ring that would not require my knowledge. It gave me an idea to overcome with brains what I could not with brawn. When my parents went to buy food, I knew it was time to run into that wonderful abyss. I got into that Mediterranean Sea, pushing my legs up and down and holding tightly to my swim ring. Little by little. I did not look back. I passed where the beach was and went into the places where the ships go.

What I did not expect was the wind picking up and the waves starting to rise more and more, one bigger than the next. To me, this was a challenge made by the sea monsters. How selfish of them, trying to keep the horizon all to themselves so they would be the only ones who could touch the sun. I was determined to reach that horizon, and then a wave as big as my house flipped me, and my swim ring slipped away into the sea. I was at the bottom of the sea, unable to swim, unable to get back up due to the waves pulling me down. And in trying to reach the greatest moment of my life, I had reached death.

That panic crept in. It told me I needed to move. It told me, this is it. It told me, you must move. Again and again. Eventually, the side that tells you this is it wins, no matter how hard you try to resist it. As I accepted that my life was short lived, I reached a sensation of peace and calm, one I have yet to experience again with such intensity. I slowly started inhaling the water, and I looked and there it was. The light. As I became more accepting of it, I could see my old life passing me by. The light started forming pictures of the people I knew who

had died, giving me their hands as if to invite me to where they were. As if they are calling me.

Then suddenly, I woke up. Someone had saved me and put me back on my swim ring. I went back home confused, unable to stop thinking about whether this was real or just my final hallucination.

The belief for heaven:

If God exists, that implies that God exists somewhere. If God exists somewhere, that place God exists in also exists (regardless of whether God is that place or not). If God has all the power in the universe, that means that the place God exists in has the capability to hold something that has all the power in the universe. God has the power to be perfect, so God is perfect, and if a being is perfect and has great power, any place they inhabit will become perfect too due to what a perfect being would turn the place into using their power. The opposite is true: a perfect place would hold a

perfect being. It is so in Follanism that we believe God and this place hold each other. Therefore, God resides in heaven.

CHAPTER 2:
GOD IS THE MUSIC AND WE ARE THE MELODIES

Emilia was walking from Kazakhstan to Montenegro. She was crossing borders illegally. She was on a self-made mission. She was crossing a mountain that had bears, wolves, snakes, and all kinds of animals. Often, she would climb a tree to sleep or to hide away from the animals if they ever came. Thinking of the tree accidentally falling into the nest of the bears, she was reminded of a time when she was little. Her father had playing cards, and they would often form pyramids with the cards. Since they were poor and had very little, they needed to make the most of what they had so that what they did seemed rather significant.

Who built the bigger pyramids won the game. A house of cards. One time, her father built a bigger pyramid, and she got angry and decided to steal a card from her father. She went and stole the one at the base, and by doing so, the entire house of cards fell. For the top of the pyramid to be held, the first level of the pyramid is also a must. That is how she explained God to me.

The belief for God:

Ask yourself what holds you together. Ask yourself what holds that thing together. If you keep doing this, eventually you will go from body to anatomy to gravity to atoms to physics… but at the core, something does hold all things in the universe together. Just like the base level in the house of cards holding the upper cards together, the base level of the universe holds the rest of the universe together.

If x holds y together, it implies that x has the “power” to hold y together, which means x has more or equal “power” than y since it can hold it. That also means that the base that holds all things in the universe together has equal or more “power” than the universe. Since what holds the universe also knows what to hold where, it implies it also has all the knowledge of the universe. Since the universe is not stagnant and things change, that means that the thing holding it is pushing for the universe to go in a certain direction, meaning it has intention. Therefore, it is a being. God is a being who has all the power and all the knowledge the universe has. God is also making the universe transform.

Follonites view God as someone who is pushing something in the universe to transform into a being that can go to heaven that God is in. God is what everything is made of. Think of God like frequency 1: if you add it twice, you get frequency 2, and so on. Frequency 1 and 2 are different and sound different, even though both

are just made up of frequency 1. That is the God Follanites follow.

CHAPTER 3: THE PURPOSE AND THE MORALITY OF LIFE

Old things seem different once you truly go through something. The grades, the family, the friends I used to stress about. They were all meaningless to me as I was dying. I began thinking of death often, asking myself why we live, why we care, why anything matters if the end result is the same. It does not matter if I become a king or a slave in this life, the person who digs up both of their bones would not be able to tell which ones belong to which. I fell into a deep fear of the ending of it all.

I then found Islam. I talked to Allah more than I talked to my own mother. It was the only thing keeping me sane. Many years have passed and I kept being a hardcore Muslim, but there was this dying question that kept bothering me. Everyone I

know who was a Muslim, from my family to the stranger down the street, did not follow Islam. They were only Muslim in identity, but they had never prayed five times a day. Neither did I. How come something that is true and supposed to be our purpose did not come naturally to us, such that when we read about it, we did it? It made it seem as if the religion was rather one you pick and choose what you do in rather than one you fully follow. It created doubt in me and as the doubts kept growing more and more, I ended up leaving Islam when I was an early teenager.

But now again, I was met with this meaningless existence. And if I had no meaning, who was I? In my loss of religion, I also lost hope in meaning. I gave it up. I then watched an anime that I truly enjoyed. I discovered this thing called anime. I would wake up and spend all my days watching one anime after another. I did not care for myself. Every day, I would turn on anime or search for anime I could watch once I had watched it all. I did it daily and I had no problems doing so. I had no reason not to. I did this routine for months. I indulged in

the first thing that gave me pleasure. I let it consume me.

Then I watched a time traveling anime and it made me relate so much that I began crying. In it, the person is trying to do something the same way, trying to get a different result. I felt it. I did not want my life to end up with me spending the rest of my days watching anime, but that was what it was becoming. After that pitiful experience, my grades were ruined and the friendships I let go of were now just ghosts of the friendships I once had. I had destroyed myself and I did it for nothing. There began my search for meaning.

One must imagine Sisyphus to have the ability to transform. If not, he will never get purpose and anything he touches will consume him, either destroying him or keeping him in the same place, doing the same thing again and again.

The belief for Purpose and Morality:

Purpose comes from transformation. If we can’t change, we can’t do anything, therefore we can’t have purpose. God in Follanism wants to create something in this universe that is capable enough to get to the heaven God is in. God wants to share the perfect place God has, which means the purpose of life is to become more capable.

But how to do it? Well, God already made us wish for capabilities. If you ask yourself, for every motivation you have, why do I want to do this and why do I want to accomplish that reason, and do so on and on until you reach a base, you will come to what we in Follanism call Zeels. God evolved us so that accomplishing all of our zeels in life will make us capable. Once a person accomplishes all the Zeels, they will become the messiah. In doing so, they will lead us to heaven and teach us how they

reached it, the ones that are dead and alive. And people from the planet Earth will reach heaven. Anything that gets more people to meet their zeels is morally good, and anything that gets people away from their zeels is evil.

This book is a collection of 71 zeels all people have and an instruction manual to meet them all.

CHAPTER 4:
THE NEW ERA IS FOLLANISM

Follanism is the most practical religion because even if it turns out to be wrong, those who accomplish their zeels will still live better and more pleasurable lives than those who do not attempt to. If Follanism is true, you get to heaven and live a successful life, and if it is false, you die but you have lived a successful

life. That is why Follanism is the new era of the entire world.

Follanism has 2 leaders. The meaning of leader is the people who get to continue writing the holy books such as this one.

The Dawn of the Follanites is the person who writes books with systems on how individuals get to meet their own zeels.
The Dusk of the Follanites is the person who writes books with systems on how societies and governments should be made to meet the zeels of their citizens.

Only the Dawn and the Dusk can appoint the next Dawn and the Dusk to continue writing the books, and only books written by them are followed by follanites.

Follanites pray outside or at a temple with windows, and there can be a prayer guide who works at this temple, helping people pray the way follanites pray.

Our symbols, rituals, and other things are written in the chapter below.

Every follanite can send a message and create systems or even change the ones made in previous books to the Dawn and the Dusk, for them to review and decide if they will accept it and put it into the next holy.

Follanism changes as more research gets found out on meeting zeels therefore do not view this book as something that you must follow to the letter. It is a general guideline and the systems do not have to be followed as said but can be changed so that they are targeted towards yourself and what works for you.

There are three types of zeels.
The first type is a zeel you accomplish by doing it.
The second type is a zeel you have to keep on working towards and it only gets done once you have done it for a set period of time.

The third type is a zeel you have to accomplish again and again.

The third matters most in Follanism because it holds the follanites from breaking in damage.

CHAPTER 5:

IDENTITY, YOU ARE WHAT YOUR PURPOSE IS

Your name, your race, your gender, your nationality, your parents, the class you are born in. These are all the things that were forced down upon you. Given to you as part of yourself. Given to you by those who were given these things to them.

After Emilia was smuggled through the Russian-Ukrainian border, she was surprised how easy it was to get from Ukraine to Romania. Right as she came to Romania, she witnessed an interesting scene.

Broken-down shoes and a broken-down bike. It's like God was telling him not to go forward. He looked at her like Emilia was in his way too.

"Would you like me to fix your bike?"

"I stole the bike. I don't need any help from anyone. I am a cigan. I only need help from my people." He looked at her with anger, and he shooshed her away.

When she was looking at him, him being a gypsy was the last thing on her mind, but the differences

between their ethnicities were the first thing on his. She was unaware of what a cigan was.

“Why would you refuse help from someone just because they didn’t come from the same parents as you did? Why are only those that look like you your people?”

“People always told me us cigans are despised in every country. I have witnessed this as true. My parents even told me to dislike anyone who is not a gypsy because they all hate us. It is a fight we will never win.”

“I don’t hate you, and I am from Kazakhstan. We don’t even know your people existed. If you build your identity based on threats that society puts upon you, you are letting those who threaten you

control you. Is your identity so weak that you need to have enemies who are against it? What would become of you once the enemy is gone? Again, you said everyone hates you. Here I am, and I don’t hate you.”

“I don’t care. I can see you are not one of us, which makes me not care, as no one else cares for us.” He ended up calling her slurs and getting more aggressive because of what she was saying. It was like a spit to the face.

“People build up their own monsters, and they are nothing once the monster is defeated. In my religion of Follanism, identifying with anything like race or ethnicity is a sin. Would you like to join me?”

“No.”

Surprised by his refusal to join her, she tried to calm the situation down. She was rather impressed with his broken English and believed that if she did not fix the bike, the boy would be correct. Help from the outside would never come.

“Can I try to fix your bike for you? I will do it for free. Please.”

“Ok, but I will hold the bike in my hands.”

She fixed the bike and left him there.

It appeared that people kept telling us what we are and what that meant because they were afraid of what we could become. They were afraid that we could become truly ourselves.

And who we are is rather something. A chair has no need for legs, and yet it can have legs and still be a chair. A chair is anything made so that you can sit on it, for that is the purpose of being a chair. Things are what their purpose is. You are what your purpose is.

Reading this book, you shall know what your purpose is, because they will force you to follow a different purpose, one so weak that they themselves only follow it half-heartedly and call it truth.

SYSTEM OF IDENTITY:

Identity should be built once a person starts puberty; however, if it was damaged due to an

improper childhood, one can meet the necessary things they should have done as a child in their adult life:

Identity is found after these things are completed:

A person should actively seek out and experiment with what they like doing, mixed with what they find themselves good at doing in these domains:
What are you good at studying and researching? (Math, sports, psychology, etc…)
What's your job and your academic direction in life? (CEO, nurse, lawyers, etc…)
Understanding your own religion and culture and participating in it
Find these forms of social groups until you find one of each to align with: family, close friends, religion, sports, education/working (it is important that

each of these groups you are looking for make you feel like they are doing teamwork with you). It is also important not to join groups with goals of it ever damaging even one of your Zeels, which reputation is included in.

What makes a good sense of family identity (if you are a parent, it is important that once your children reach puberty they will have this):
Regularly share meals or engage in traditions;
Sharing of stories the family members have been through;
Open dialogue where all ideas can be talked about without punishment;
Open family meetings where each person's views are heard;
Parents who show affection (hugs, praise);
Encourage children's independent decision-making;

Educationally, families should support rather than pressure;

Family members helping one another with problems;

Having celebrations when proud moments happen;

Enjoying each other’s company with activities;

If a person isn’t feeling these things, they should seek out to improve their family and, if incapable, they should seek out to find an adopted family of brothers and sisters and mentors to find their identity.

For sports and education, that is up to you to decide, but it is important that you feel teamwork and that they are prosocial people rather than antisocial ones. (That is why volunteering clubs are incredibly good at making you feel friendly.)

Your friends, your family, your sport, where you work, and what you do will create its own culture. This is the culture of Finalism, called so because it is final, and all other religions are created to meet a Zeel of some sort. But because Finalism is taken, Follanism is the name. The Zeel of purpose can only be achieved through Follanism, for all others would end up contradicting themselves and will fall behind as all things do compared to follanites.

Each part of Follanism, even the culture part, is about meeting their Zeels. Participating in the culture of Follanism is fun, something people never want to stop doing once they begin.

The identity of Follanism:

A person is a follanite and nothing else. Whenever someone tells you that you are a male follanite or a

female follanite, reject their notion, for a follanite is just a follanite regardless of how they are born. There are no Russian follanites, just follanites that are born there. But unlike other religions, it is important that just because someone says they are a follanite, you cannot accept them as one. One must showcase that they are a follanite. Ask them the question, and if they cannot answer, they have failed. Ask them what zeel they are currently trying to meet. Ask them to show you the tattoos on their hands that all follanites have. Ask them to dance with you. If they succeed in doing so, then they are truly your fellow follanites. Any follanite must support another and must help them as much as they are capable of in meeting their zeels. It is also important to defend your fellow follanites against any non-follanites who try to destroy the zeel of

the group or of a fellow follanite. Follanites should stick together.

The flag of Follanism:

The flag should give you hope once you have seen it. It should remind you of your belief, and it should embolden and empower you. That is why this is the flag of Follanism. A light blue background that represents the calmness of the sea. A bright yellow sun in the middle that represents the horizon us follanites can reach. Below the sun, 2 white shadows of horses running to the right side. That represents how we always chase after our zeels. On the stomachs of both horses is a red hourglass representing how little time we have. Then above the sun from both corners, black shadows of birds flying towards the sun. In them yin and yang symbols and the birds are both holding one sword

above them. This represents unity and a willingness to fly away from the shackles of ourself even if it means to fight. This is the flag of Follanism.

The clothes of Follanism:

All follanites should have a tattoo of the heart with an x over it inside of the sun on both of their hands. That is the symbol of Follanism

Fidgeting with toys like begleri. Begleri is a small skill toy consisting of one or more beads at either end of a short string or chain. It can be flipped and twirled around the fingers to perform tricks.

Capes that cover up their entire body from neck all the way to their knees.

Capes are the only thing seen, and they are

incredibly colorful with a fractal color pattern regardless of what colors they use.

The music of Follanism: Most art forms, from drawing to singing to music, should all be improvised and done so while the person is dissociating from their conscious brain and entering the flow state. One should know ordinary already made up songs such that improvising isn’t random gibberish, but the original work of a follanite must be made in doing improvisation rather than thought-of work unless it is for research purposes.

The dance of Follanism:

Dancing is becoming in sync with oneself or with others. It has always been used to showcase how in

sync one person can become. That is why all newcomers will be welcomed by our dance.

How solo dancing should go in Follanism: It should be on top of an object that can only hold one leg at a time, listen to your heartbeat, and the point of the dance is to spin all body parts you need to spin at the pace your heartbeat is going, and once it goes faster, you must spin faster. Additional things are what you choose to spin, can be backflips, hand spinning, spinning the neck, waist, etc.
How duo dancing should go in Follanism: Partners should face each other, gaze into each other's eyes without letting go of the gaze, put their hand below the partner’s left armpit, and spin around together at the beat of their own heart. Additional things are what you choose to spin around, like you can do it by adding jumps, with one leg for each

partner, etc.

How three or more people dancing should go in Follanism: All should be in a closed small circle with eyes covered completely, spinning together in any way they can, feeling the energy of one another to do the dance without getting in one another's way. The circle should be no longer than their two arms apart from one another for each member of the circle. They should spin with their legs with the rhythm of each of their heartbeats, plus additionally they can add anything while they are doing so.

Frequent attendance at group gatherings:

Every day, follanites should gather together to pray once during sunlight or sunset. It should be done outside ideally where the sun can be seen. If it

cannot or it’s too cold or windy, it will be done inside.

The prayer is connecting oneself with the universe.

How to pray as a follanite: Follow the chapter of meeting your praying Zeel.

Things follanites celebrate and how they celebrate them:

Follanites celebrate all transitions in life from the birth of a person to the death of a person. All ages and all transitions, when a person becomes a teenager or when a daughter gets her first period. All transitions from one point of life to another, including things like moving, should be celebrated by follanites. What is celebrated in the place where prayer happens is the joining of new members, the

enlightenment of members, a big shift towards Follanism in society, the success of someone's life at meeting their zeels, the progress of meeting one’s Zeel, as in there being a second book written of Follanism. Celebrations are done by dancing and singing.

After finding who they belong to, to truly end up understanding oneself, a person must write down their story starting with what had happened in their earliest memories. What are all the key events that have happened to them to bring them to the purpose of life they have now? What are they going to end up doing from now on into the future? (Follanites know the answer.)
After that is finished, one must practice getting in touch with their feelings daily until such a thing becomes natural, and that will affirm their identity

forever, and do this this way: recall what had happened to you in the previous day (not what you did but things that happened to you), ask yourself how you reacted when this happened, ask yourself why you reacted in such a way.

To achieve the Zeel of identity, what a person must do after their emotions have become something they control is for them to challenge their own identity. Write down arguments against Follanism and your own beliefs and then defend them with reasoning on why such arguments fail to destroy Follanism and other beliefs you hold. Recall things you are proud of yourself for doing that day. Re-read the final word to truly grasp what you follow or the important chapters.

Once all these steps are complete, your identity of who you are as a person will be formed.

CHAPTER 6:

SHARING BELIEFS,PEOPLE BELIEVE WHAT THEY PARTICIPATE IN

I was a Muslim for such a long time, and now I am not. How come what I believed to be an absolute truth, now I believe to be nothing but a lie? I sat in the mountains, thinking about life. In my new search for meaning, this question made me lose my mind. What if it happens again? What if I start believing in things that are true, only to discover they were a lie a few years later? It made me rethink how I lost my religion. I slowly started

feeding the doubt that I had. The more I fed it, the weaker Islam felt. Then I asked myself an even better question. Why did I ever believe in Allah in the first place? It made me think of my Muslim family, my Muslim village, my Muslim friends. I was born into this religion. I used to go and celebrate Eid, fast for Ramadan, all the things those around me did. The more I did, the stronger my belief was. It was only when I pulled away from my family, my village, and my friends that the doubt grew. I sat on top of that mountain, and I saw all those things, but now I was above my family, above my village, and above my friends. I could see from there what I was blind to see below. The reason we change our belief, the thing that controls it, is not the truth. It is our way of living life that shapes it. The more you experience one culture, one belief, the more it

overtakes you. I could only see that in isolation. I knew I could get anyone to share my goals then if I just got them to participate in them.

SYSTEM OF SPREADING BELIEFS

DO THIS ONCE A WEEK.

On an individual level:

1. If possible, having 2 follanites do this to another person is better, but one doing so is fine as well.

2. Talk to your friends, family, and romantic partners.

3. Talk to a stranger who appears like they'd like a conversation with someone.

4. DO NOT JUST SAY WHAT YOU BELIEVE IN. Tell them the truth of how the truth has changed your life.

5. Be nice to them, give them a compliment or a gift.

6. Ask them if it’s ok for you to share your story about God and how Follanism helped you.

7. Find the topic you know they are struggling the hardest with that you can relate to.

8. Tell the story of who you were when you were in their shoes to how Follanism helped you deal with it.

9. Ask them to join you in the gathering of follanites next time you’re both free as something they would do for you.

10. If they decline, respect their autonomy and ask if they would be ok with doing something smaller like just being introduced to the idea of Follanism and show them the final word book.

11. New people who come should be introduced to

our dances as a ceremony when they come and be given a fidgeting thing.

12. Ask them again to join, and if they agree to join 3 more times, collect proof that can be used to prove to others that those who join Follanism get ahead of those who do not in all ways of life. Show them that proof.

13.Then after they dance and pray 3 times, fully introduce them to Follanism. To the beliefs and practices.

On a social level (does not matter the order, what matters is to do these things as much as you are capable of):

- Create ads everywhere, but do it in such a way where these ads are made in laughter and friends

making memories to showcase that the religion is a fun commitment to join.

- Build relationships with media and influencers. Secure third-party endorsements: interviews with credible journalists, coverage of achievements, and testimonials from respected figures.

- Showcase yourself or people such as yourself in all media that you can, regardless of what it’s about, as long as it is presenting follanites in a way that shows they are incredibly capable of getting the job done and showcase their pride in Follanism. If opposites are presented, make sure the media doesn’t have positive reviews.

- Support as many follanites in the media of any sort as much as you can.

- Collect proof that can be used to prove to others that those who join Follanism get ahead of those

who do not in all ways of life. Showcase it too.

- Associate with people who already have a good reputation, such as charities and such things, and work together to do good things, specifically charities that build things.

- Go out of your way to help people and prevent bad things from happening.

- Go to places where people attack your beliefs with insults or attack your fellow follanites literally, point out that they are mean towards you for a reason that has nothing to do with your beliefs, and do not debate them but rather guide them into not spreading hate towards Follanism.

CHAPTER 7: CHARISMA, HOW YOU SEE YOURSELF IS HOW OTHERS SEE YOU

Emilia was raised to be something she never was. She grew up Muslim without ever believing in Islam. She was always smiling no matter what happened, good or bad. She knew her family would not accept her, so she hid her true self away. Good or bad, she always met it with a big smile.

But bad things continued happening to her. While she was in school, she was bullied for her beliefs in Follanism. She kept being ridiculed on her looks, on her life, on her everything. She isolated herself because even in the company of others, she was alone, often alienated. Everyone assumed that she

was fine with everything. She did not want conflict, so she smiled, but the smile was deceiving her. She truly believed she was ok with this. She was not.

No one came to help because everyone was also deceived by that smile. One day, a boy at the table behind her kept pulling her by her hair. Every 5 minutes. It would hurt, but she was so used to not asking for help, so used to pretending it was fine, so lost from the group, she chose to ignore the point rather than address it. He hurt her and he got away with it. He could do it because she seemed ok.

That day she got home, went to the bathroom, and cried. Only then did she see she was not ok with this. That day, she lost her smile. That day, she finally stepped towards her own happiness. She

took a knife and stabbed herself across her face. She cut her hair to her shoulders. She dressed in all black. Now she knew she was not someone you touch. And that day, people started getting away from her. The look in her eyes burned with hate, they knew so they left her alone. She believed herself to have power, and in doing so, everyone also believed she had the power too. The same goes for charisma. If you find someone looking at you and you are confident, they will view you as such.

SYSTEM OF CHARISMA

The 6 most important aspects of charisma, in order from most to least, are: communication skills,

admirational and inspirational, reliable, attractive, calm and visionary, powerful and dominant.

Calm and visionary means having a direction in life, so being a follanite already gives you that.

Strategic thinking of moving past setbacks to achieve your goal is admirational and inspirational.

Do not hide your goals from others, but be direct about them and be very honest about everything in an unbearing way.

When someone looks at you, you think about how you look, so if you feel confident in yourself when others look at you, you will showcase confidence, but if you are insecure, you will showcase insecurities, making the eye contact be about who you are and flip between looking at eyes once you

feel you are staring. That is why you should be confident.

Stand in the center of the group or near it.

Have a response written and prepared for the most obvious questions you know you are getting and for the questions you hate getting in an endearing way.
Going somewhere, prepare what you should be saying before you say it by writing it down clearly so you can articulate it when you are at that place, like an event or a job interview.

This is how you should follow your conversation, but you should keep it as long as the other person does and switch between the same lengths, but do follow this guideline:

1 Look at the other person's eyes when speaking to them, and if you feel awkward, switch between which eye you are looking at. If in a group, look at all of them for a few seconds in the eyes.

2 Notice the speed and the tone of their conversation and try to match it if they are responding.

3 But if you are beginning the conversation, use a clear voice, speaking from the stomach as you do when you yawn, and be very articulate. Make sure to practice this when you are by yourself.

4 Start by giving the person you are talking to a genuine compliment on something they have done. One you actually mean, not some basic one.

5 Acknowledge what the person was talking about and paraphrase it (we agree that…) using we language instead of you and me.

6 Expand the topic by explaining it using analogies from your own personal life story, showcasing your flaws in it.

7 Make a joke, light humor, or a playful remark.

8 Ask them a question about their views or feelings and things that would encourage elaboration of their ideas on the topic rather than responses with one word answers.

Do this as part of your daily morning routine to ensure you have a clear, calm, and relaxed speaking voice:

1 Record your voice the first time saying "I am a legend."

2 Lie on the floor on your back flat for 1 minute and breathe deeply.

3 Sit up and then lift your eyebrows slightly.

4 Say "hum" while pounding your chest to make your chest vibrate your voice.

5 Stick the straw about 1 to 2 cm into a glass of water while keeping the position of your mouth as if you are sucking it, but do not actually suck.

6 Blow gentle bubbles. Not loud or splashy.

7 Start humming into it while keeping bubbles steady.

8 Slide between low and mid pitches for 1 to 2 minutes.

9 Then for 1 minute, yawn very deeply.

10 After that, speak normally. You will notice your tone is deeper, rounder, and more controlled.

11 Record your voice after you finish saying "I am a legend" and compare it with the first voice.

CHAPTER 8: BEING APPROACHABLE, YOU ARE THE ENVIRONMENT

Don’t let the world shut you up. My beliefs were not my own. The environment is what made them. I tried to run away from any environment. I wanted to be away from everything. I wanted something true. Every day, I would spend time with my cat. I would climb a mountain that had no people in it, just nature. But the truth is my social life started to be destroyed. I did not care much about how I looked to other people. I did not brush my hair and I did not dress well. The animals and the trees did not mind. I was mostly avoided and alone at that time.

My best friend, who was my neighbor, called me out to play with him and his younger sister. We were trying to hit each other with a ball, and whoever got hit would lose. I remember having so much joy in those moments where I did not know what I should have felt. But he did not feel the same. He told me that day that looking at me was making him depressed. Hanging out with me was taking away his energy. Once I was making him full of life, and now I was an empty vessel sucking up the life he has.

“If you don’t start taking care of yourself, I don't think I will call you to play anymore. You are missing your classes and you look miserable.”

“What? How does me just doing what I want affect you in any way?”

“Because you’re like my brother. If you suffer, we

suffer.”

“Sure, bro. Just throw the ball...” I said, trying to ignore his message.

Energy is contagious. One thing I forgot to consider that I learned from that day is that the environment does shape you, but who ever told you that you were not part of this environment? You are the environment of other people and of yourself. That is why you must look good, because looking healthy leads to the environment being healthy. I knew once I reflected on that moment that I needed to find my purpose from other people.

SYSTEM OF LOOKING APPROACHABLE

Before you can make any relationship, you need to be approachable and charismatic enough such that people would be ok with building a relationship with you.

The system of being approachable

Go to a place where people are.
Do not stand in random places or at the entrance because people will go there to do things that aren’t talking. Sit in the place of the room that people go to after they are done with getting a drink or finishing something and have nothing to do but talk. For example, if you are in a classroom, stand next to a window or at the front of the class. Do not sit because that is where people do stuff during the class.
Stand or sit with arms relaxed at your sides or

lightly on your lap. Face toward people, not away or hunched. Keep hands visible, palms or thumbs up. Avoid crossing arms or legs tightly.

Use your feet outward in a V shape if combining both feet, and they should spread towards where there are most people in the room. Do not point your feet or torso towards places that have no people there.

Stand or sit with arms relaxed at your sides or lightly on your lap. Face toward people, not away or hunched. Keep hands visible, palms or thumbs up. Avoid crossing arms or legs tightly.

Keep your body open, meaning nothing in front of your torso, not even a table.

Look around at people.

When someone looks at you, meet their gaze briefly with a friendly look. Hold for 1 to 2 seconds

with a smile, then look away naturally and make sure to smile gently with your eyes.

When people look again, look at them with one of your eyebrows lifted and then nod.

Do not do the same for the same person again.

Repeat until someone approaches you.

How to dress:

Do not wear sexually suggestive or politically charged clothes.

Do not wear very full dark, black, or monochrome attire.

Do not be too flashy, rather be quietly confident in your look.

Wear business casual style clothes that have warm hues of bright colors such as reds, yellows, oranges, and warm pastels in your clothes with

floral or geometric shapes. Do not have any signs on shirts.

Make sure your clothes are of soft, flowing materials such as cottons and knits.

Have simple, relatable accessories, for example scarves or colorful necklaces.

Well-fitting, tidy clothes signal self-respect. Overly baggy or ragged attire can imply carelessness, reducing approachability.

Do not wear anything on your face such as hats or sunglasses

CHAPTER 9: CLOSE FRIENDSHIPS,

Emilia was neglected in Kazakhstan. Everyone avoided her or hated her. Her father started pressuring her to get married. Every day, the same

things. Little raindrops, the school alarm, the sound of horses running. They were easy to ignore when she was younger and she did not feel so pressured to be something for those who had not been much for her. It was driving her crazy.

She did what everyone would when faced with a battle they cannot fight against. The world she was in trapped her, and she was ready to do what she should have done a long time ago. Run. She decided to run away from Kazakhstan. She lied to her father that she was going on a small hiking trip to the Almaty mountains near the south, but she was going to the Altai mountains to the northwest so she could cross into Russia and go to the destination she chose, Montenegro. She lied to him for the final time because all the times she had told the truth, she got punished for it. She was willing

to do everything to escape this. She attempted to cross it alone.

She started climbing the mountain when a blizzard started happening, and she had no place to go. She continued walking, freezing, shaking. She kept moving up. It had been two days since she had been hiking this mountain. She was hungry, cold, and was afraid she would now be easily found. Her planning was horrible. She was about to die there. As she climbed a little bit more, there was a huge cliff. A cliff no woman could climb in such a fragile state. All her effort now needed to be reversed. She needed to go to the other side of the mountain.

Lucky for her, she was not alone. She spotted people that were clearly doing what she was doing

on the lower part of the mountain. She found smugglers. She started running as fast as she could, and she found them. They had plans, food, warm clothes, and an organization.

“Did you seriously think you can pass all of these borders alone?”

“Yeah.”

“It took us 5 hours to get to this spot. How long have you been here for without moving further?”

“2 days…”

“You would have been arrested right there in Russia. You had no plan or anything. You are lucky you are still alive. If you want, we can help you get to Romania, but from there we are headed to Western Europe. We will be taking all the money you have as well if you accept this offer.”

“Thank you, I accept.”

She had no choice. She saw that those working together managed to reach the destination much faster than she alone. If you have people you share your goals with, they will never disappoint you. They will support you as if you are them. That is the true meaning of friendship. She wanted to find such friends in Montenegro.

SYSTEM OF CLOSE FRIENDS:

There should be 6 close friends and all should have a distinct personality dominant trait in the friend group. Eventually, it will grow to be very distinct even if you don't force it, so pick any person as a friend and they should fit in their dominant trait eventually. Ideally, they should all be of the same gender.

Meeting new ones means spending 2 weeks together in communication every day. They should be met through a common goal you all have that will last a long time, like passing grades or getting better at sports or even religion like Follanism, as long as it's a common goal shared between all 6 friends that matters to you all.
After the first 2 weeks of spending each day together, it should be around 2 times a week.
Firstly, one meets the 2nd and they should both meet the 3rd friend, and so is the case for the 4th and for the 5th and for the 6th.

What should happen in these 2 weeks:

1 Meet at the common goal place

2 Be approachable using the approachable system

3 Use your charisma system to talk to them

4 Mention a challenge you always wanted to do that you can assume from your conversation your future friend would be interested in (finishing a game, running a marathon, doing an MMA match). Make sure it's actually challenging and long

5 Ask them if they would like to take this challenge with you and or train together for it (2 weeks of training), that is something you both wanted to do but never did

If they say no, ask people around if they would want to, and if they say yes, move on to number 6

6 Plan and invite them for each day, if possible, of the next 2 weeks to train for your challenge or accomplish your challenge together. Make sure you are using your charisma system while spending time with them and having fun

7 Talk about your day and reflect on the challenge

after you finish it for the day

8 Do a small favor for them like a small gift or something they would appreciate

9 If your challenge is shorter than 2 weeks, invite them for another challenge you have like finishing another game or something else

10 Once you accomplish the challenges, celebrate it in some way together

12 Once 2 weeks of spending time are complete, invite them to just hang out once a week and invite them on another challenge, this time lasting a day once a week every week from now

13 Slowly build more connections by introducing one another to more parts of your life, wait for 1 person to do it, then the other, and so on. 1 person should not overshare before others share

14 Once a month passes from when these 2 weeks

ended, add on another friend with the same genre of challenges and repeat until you get to 6

CHAPTER 10: ROMANTIC RELATIONSHIPS, LOVE HAS NO REASON

If I am the environment of others, maybe there is hope for me. Looking at others, I wanted to see what attracts them most. Is it money? Status? Happiness? I presented myself in every type of ideal. I found that what people wanted most was for me to be the person who lives life to the fullest. Someone who lives today and does things as if it was my last day alive. I figured that is what attracted them to me. People loved me.

It was all new to me, I had never felt love before, and this appreciation I was given from my friends now gave me a glimpse of love I could always hold on to, even when I knew I would lose it. You see, I did not have the confidence to speak because of my teeth. When my new teeth were starting to grow at around 7 years old, I was playing football with my neighbors, cousins, and friends. As everyone is very competitive, someone had pushed me and I fell and hit the bar of the goal directly with my teeth. I thought nothing of it back then, but as I grew, so did my teeth, and it turned out they grew with holes in them. Whenever I would laugh or smile or even talk, people would look at them and give me this disgusted look on their faces that they did not want to show to me, but I saw it anyway. It made me realize staying silent is

better for me than to speak. But that silence made me not make friends, made me the weird kid of every place I was in, and it made me socially anxious. However, living life to the fullest meant not caring for the faces of others. I learned that if you have a purpose in life, you can overtake any hurt you suffer through. What I believed people would hate me for, people loved.

And there was a girl who was in great admiration of me. I needed a girl who would do whatever I said so I could find if my purpose was really this. I learned that others too needed to do what I do to see if it would work for them. I played with her more, got to know her more. I would tease her a lot. I needed her to think of me so she could fall in love. I needed her love for my purpose. She did, but I was not brave enough to love her back, but I

needed her, so I kept her at a distance. Spending enough time so she does not fall out of love with me but not enough so I fall in love with her.

As we spent more time together, I asked her to do things for fun. Shout at people, play games, be wild. She did it. She wanted to impress me, but I was only impressed with my power over her. I knew this was the moment to see if my idea was correct. She had been living life like I lived my life. I asked her what she would do if this was the last day of her life. She said she would tell me she loves me. I skipped past it and asked her what else. She said she would hug her parents and she would want to steal some fruits from her neighbor's tree, play some games, and x and y. I got her convinced to do it. I wanted to see her fulfill the purpose of life. She did the things she was going to do on her last

day. And at the end of the day, she told me she loves me.

I had failed my goal. Spending all this time together with someone who would love me regardless of my intentions or my faults defeated my push away from her. I loved her too. I did not want to, but I did. However, that was not the only thing I was wrong about. When I lived my life to the fullest, I was loved, but she already lived a certain way. I did not have any way of living before. When she lived life to the fullest, she was hated for it. My purpose, the one I had finally found, was wrong.

I told her since we are young, we will see if we will still love each other when we grow up since we were still teenagers. As I stopped living life to the

fullest, she stopped liking me as much as before. She did not like me like before, so I stopped liking her more. Day by day, we spent fewer days together, and the wind blew what we had away.

We had reasons to love one another. Those reasons were the conditions of our love. Once we changed, so did our feelings. I then thought about love differently ever since, but I still loved my cat. I thought about why, but it made no sense. Me having this cat would only cost me money. He does not like to be pet, and he only comes around when he needs food. I got barely anything out of the cat, yet I still loved him fully. I knew that love cannot be explained with reason. Love, in its purest form, just happens.

SYSTEMS OF ROMANTIC RELATIONSHIPS

What age to search for romantic partners: from 23 to 32

What to do before turning 23 about needs that romantic relationships fulfill:

It should be replaced by spending quality time with your family.
And spending quality time getting to know oneself by doing the identity and getting close friends.
Networking.

The number of partners that should be in a romantic relationship is 3 or 4 because depending on 1 person to meet all of your zeels is too dangerous, and this is a more efficient way.
Humans also say they are monogamous between 2

people, yet they go and cheat on them often, break up, and divorce them when given a chance because 1 person is not enough to accomplish ALL of your romantic zeels. Having 5 will be too much and it will be too inconsistent. That is why, to correctly meet romantic zeels between romantic partners but also being parents, 4 partners is the ideal amount.

How to find people to be in romantic relationships:

Do not look for anything of the past or anything physical when it comes to finding a romantic partner because them joining Follanism after they If you do not want a hassle, find other follanites because they will have the same views of relationships as you, or find people who you converted to being follanites to be your partner.

However, it is better to meddle with non-follanites because the child of even 1 parent, with 4 parents being a follanite, will have all children be a follanite because the culture is the most dominant one. However, it will be difficult to find those who want romantic relationships of 4, so make sure to be upfront about this case.

It is also likely that following this system will get people to love you so much they would not mind converting to Follanism for you regardless of their gender.

To find romantic partners, go to places where communication between strangers is looked up upon rather than discouraged. It does not matter where this is, for Follanism has no bounds to people's past. Date a homeless person if they are ok with a 4 person relationship. Once they follow

you into Follanism, which is the most likely scenario, they will become healthier, look better, talk better and better, and in doing so they will make for an ideal partner. Do not force them to be a follanite, just do what you would when introducing strangers into the belief after you spent the 2 weeks with them.

First, there needs to be a couple formed, and then going with it should be the 3rd person joining the couple, and then finally, after time spent together, the final person joining the relationship.

The amount of time the couple should be together before joining the relationship is 4 months for the 3rd person and 4 months with the 3rd person before finding the 4th person.
Couples who are straight should not look for other

couples who are straight. Instead, you should seek out partners 1 by 1.

All 4 people should spend time alone with one another, building a romantic relationship.

The amount of time to spend with romantic partners is about 3 hours per weekday and 6 hours on a Sunday once you get comfortable with each other, as in after the first 2 weeks where you spend much of the days together.

How the 4 people should be split by gender:

Doesn’t matter

The age gap should be under 6 years apart for all, but not all should be of the same age.

How should the romantic relationship look:

The first 4 months for each couple should be similar.

The first 2 weeks should be done in the same way as the first 2 weeks of making close friendships. However, it should be added with a romantic element, as in being very intimate with one another physically and emotionally. And instead of meeting one goal in 2 weeks, seek to overcome as many small and big challenges together as possible in those 2 weeks while being very physically and emotionally affectionate.

The first couple

After the first 2 weeks, answering these questions would mean if you should stay with this person or

leave. It’s ok if it isn’t 100 percent pass, as long as it is 80 percent passed you should continue.

Things to look for, the answer should be yes:

Does the person share your goals when it comes to the relationship you want?
Do you feel the person is committing to the relationship?
Do you feel the person is appreciating you?
Do you feel the person deals with conflict in the way you would like?
Does the person have preferences and views on sex that you are ok with?
Does the person have preferences and views on physical intimacy and clinginess that you are ok with?
Do you feel the person is a responsible one?

Does the person you are talking to often agree to do things with you that you ask them to?

Do you feel that the person gives you support and if yes, is the support done in a positive way?

Do you like how they manage to talk about your feelings?

Do they experience negative emotions such as anxiety, fear, and sadness less frequently than other emotions?

Things to look for, the answer should be no:

My partner and I had sex even though I was not in the mood.

I felt like I could not say no to my partner.

My partner did not admit when they were wrong.

My partner compared me to other people.

My partner disregarded my reasoning or logic

because it did not agree with theirs.

I found it difficult to concentrate on work because thoughts of my partner were occupying my mind in a stressful way.

My partner reacted negatively when I said no to something they wanted.

My partner created uncomfortable situations in public.

My partner acted arrogant or entitled.

My partner tried to change me.

My partner was unsupportive of me.

My partner criticized me often.

My partner has unrealistic expectations for our relationship.

My partner avoided me.

My partner did something I asked them not to do.

My partner threatened to leave me.

After 2 weeks of spending time together and finding these answers, you should be aware if your partner is the one for you or not. If it is, continue seeing them and make sure that each time you see them you build your relationship a bit more and become more vulnerable with each other and more reliant on each other. Those 2 pillars will hold the relationship close. To be more vulnerable, show or say parts of yourself that you do not want anyone else to see or know about more and more, and ask for your partners to show or say their own in return. To be more reliable, do things for your partner like giving gifts or getting things done for them and ask for your partner to do the same in return.

WARNING: Always give a little bit more than previously and then wait for your partner to give a

little more back. Do not give too much more than your partner or less than them. If your partner does not give back the same value, you give the same as previously until they give back more. If they never give, do not give anything until they do.

Follow this until the 4th month of the relationship.

Once the 3rd person is found, spend 2 weeks with them like you did, but this time all 3 of you.

The third person should also go through the questionnaire for both partners, and the answer should be the same for each one.

Then split the days between each so you spend Monday with 1, Tuesday with 2, Wednesday with 1, Thursday with 2, and they spend Friday and Saturday together, and Sunday all people spend

together, where each person spends the same amount of time with each other per week.

Until 1 month passes, then you should be able to create your own schedule. Then build more vulnerability and reliability bit by bit.

Until 4 months pass and the same happens with the 4th person, but now each person spends the day with each person in the week, and Sundays are spent together. Then build more vulnerability and reliability bit by bit.

Until a month passes and all people spend the days together if available.

There should be no outside influence besides the partners.

People should communicate as is written in the

charismatic system.

People should handle conflict as is written in the solving conflict system.

People should have sex as is handled by the sexual pleasure system.

People should handle those who leave as written in the system of closure.

No one should ever take sides of anyone, for all people do things because of their zeels.

After a year of the 4 people dating together, they should move in together.

After living together for 2 months, they should get married or look into getting married in that year.

The couples should get children, adopt if incapable of having them due to sexuality, the year after getting married from all women or adopt 2.

Each parent should get a biological child once creating them, if possible.

2 years after the first kids are born, the 2nd siblings should be made, not born but made.
The 2nd child in a straight couple with 2 dads and 2 moms should be from the dad that was different than previously if the dad is capable of producing kids.

After 2 years pass, the 3rd children should be made, not born but made.

4 parents should ideally have 6 to 12 children, adoption is ok as long as the number of siblings does not exceed 12 siblings.

And that is how romantic relationships should go about in life ideally for a follanite.

CHAPTER 11: PARENTING, RAISE A GOOD WORLD

As Emilia and her smugglers were walking through Russia towards Ukraine, there was a boy who hated her guts. Kids were the only people Emilia was ok with because the kids in her life were the only ones who did not judge her for who she was, for speaking her mind. Usually she was good with kids, but for some reason this kid hated her. He was angry that she had just come with them and his parents had spent so much time trying to find the smugglers. One day, the kid went to pee and Emilia followed him.

“Hey. Can you tell me why you look so angry? Did you not want me to come with you?”

“No, I hate my parents. I did not want to leave Kazakhstan. I don’t speak any other language but Kazakh. I would probably end up on the street or some criminal and get shot like an uncle of my friend. I heard it from him.”

“That makes sense. However, this might give you something Kazakhstan cannot. A life you might not be able to experience there.”

“You talk like my parents. If they did not want kids in Kazakhstan, why did they make me? Please don’t have kids. You will ruin their lives.”

“Well, if I don’t have kids and only people like your parents do, the world will never get to have a messiah. People in my religion will never go to heaven. But if good people raise kids well, the kids

will be strong enough to change the world for the better, no matter how cruel the world is. It would be evil not to raise superheroes, don’t you think? Those superheroes would go on to raise more superheroes. Just let the world succumb to people born to bad parents, raised evil, turning the world evil. I think that would be quite bad. In my religion, I can show you how to raise kids to be good people and how to overcome the problems of your parents. Would you like to join the God I believe in and turn the world into a better place?”

“No, I only believe in Allah. The world he made is good enough!”

“Ok. Hahahaha.”

At the beginning, she wanted to leave for Montenegro because it was comfortable and free enough, but poor enough where she did not have

to kill herself for money. She even found a person there who would give her a fake ID with a name she always wanted to have: Emilia. But as she spent more time with this child, she knew that she was going to raise a child in that country. Her goal changed. It was not to go there and feel free to preach her religion; she wanted to raise a child there who would prove her religion right, just like I wanted to prove my purpose correct.

SYSTEM OF PARENTING:

What ages to split the way a child should be treated when it comes to how they are being parented:

0 to 6 months:

Exclusive nutrition from breast milk or infant formula. Do not schedule feeding times, feed whenever the baby shows cues (crying, rooting, sucking). Support breastfeeding by doing skin-to-skin contact after birth, frequent feeding to stimulate milk production, and if formula feeding, use properly prepared formula and follow hygiene strictly.

14 to 17 hours of sleep per day (fragmented). Frequent waking is normal and necessary.

Always place the baby on their back and on a firm flat surface with their head on their chest. Do not use pillows, blankets, or soft objects. Use firm mattresses. Share the room but use a different bed.

Newborns are highly vulnerable to hypothermia and overheating, so make sure to keep the baby

warm but not hot by having light layers (similar to adult plus one layer), use skin-to-skin contact, and avoid overbundling or hot rooms. Keep the room at 18 to 22 degrees Celsius.

Respond quickly to crying (not “spoiling” at this age). Hold, cuddle, talk, and make eye contact.

Keep clean skin, a dry environment, and prevent infection by frequent diaper changes, gentle bathing (2 to 3 times per week is enough), cleaning the umbilical cord area (keep dry), and washing hands before handling the baby.

Protect them from suffocation, falls, and infection. Never leave the baby unattended on high surfaces. Use approved car seats properly. Avoid unsafe sleep products.

Sing to the baby, hum to it, and show it very colorful patterns, but do so very little in a day

because babies get overstimulated.

Take them to doctors for checks and everything the doctor asks for, like vaccines and measurements of weight.

Hold the baby by supporting its neck and head and prevent it from being shaken. Also make sure it can always breathe easily.

Most of this would be taught by your doctor or by other people who had babies. It is important to respond to the baby's needs at this age, so it is important for a parent to always be there when the baby needs one.

As the baby grows, it will transition into needing its parent less and less.

6 months to 12 months:

Same as up to 6 months, but add this:

Feed solids 1 to 3 times per day at first, increasing gradually. Start with soft, mashed, or pureed foods and iron-rich foods as complements to breastfeeding. Continue feeding milk on demand or on a loose schedule.

Establish a consistent sleep routine, putting the baby down awake but drowsy.

The baby now needs more stimulation and interaction, and unlike a newborn, a lot of stimulation is not bad anymore, so talk, sing, read, play with toys (grasping, banging, exploring), encourage movement (rolling, crawling), and other activities.

With them being more mobile now, baby-proof the house and ensure they cannot choke on anything or be near anything that can hurt them.

12 months to 16 months:

Transition from a milk-dominant to a food-dominant diet and encourage self-feeding.

Needs about 11 to 14 hours per day (including naps). Have a consistent sleep schedule with 1 to 2 naps per day, still on a firm mattress and with a clear sleep space.

Hygiene-wise and medically do the same as previously, but also include cleaning before and after eating.

Stimulate them a lot with conversation and the same things as the previous months, but more than before.

Discipline is now active. Children can understand simple commands, test boundaries, and repeat behaviors intentionally.

Provide discipline by setting clear, simple limits

(“no”, “stop”), being consistent, and redirecting behavior. If the child grabs something dangerous, remove it and then say “no”. Avoid harsh punishment and long explanations (they will not understand).

At 12 to 16 months, respond quickly to their emotions whenever they show them, comfort them first physically, label what they are feeling, stay calm, avoid dismissing feelings, and set gentle boundaries when needed. Make sure to talk in a calm manner no matter what the child goes through, and your body shows relaxation.

16 months to 3 years:

Diet is now food-dominant, 3 meals plus 2 to 3 snacks per day, and it should be a balanced diet. Maintain a consistent sleep schedule and give

them 1 nap, eventually transitioning from 2 to 1.

Begin teaching regular bathing, handwashing, tooth brushing, and early toilet awareness later in this stage.

Still provide boundaries when they are doing something risky, but let them explore.

Make sure you are talking constantly, reading daily, giving them simple problems to solve during play, physical play like running and climbing, and stimulation that develops their brain and body.

The child is now testing boundaries, says “no” often, has tantrums, and understands simple rules, so it is important to set clear, consistent rules that do not change, redirect behavior when they do something bad, and show consequences by removing things from them. For example, if they throw their food, you remove the food, or remove

them from the room if they are not acting correctly. During a tantrum, stay calm, ensure the child is safe, acknowledge their feelings after the tantrum, avoid giving in, gently redirect them, wait it out while supporting them, and reinforce limits once they are calm by saying things like “I know you are angry, but hitting yourself is not good.”

3 years to 5 years:

Sleep like previously, with one long sleep followed by a daily nap.
Stimulation should include talking, storytelling, role playing, creative play (drawing, building), imagination games, problem-solving games, and physical activity games that involve running, climbing, and coordination exercises.
They should be able to eat by themselves and use

the toilet by themselves.

Acknowledge feelings and teach emotional labeling, encourage emotional self-regulation skills, model calm responses, and begin teaching them conflict resolution with peers.

Supervise them during risky situations like near a pool and teach them basic safety rules such as roads, hot objects, and sharp items. Let them explore places where they are safe to do so on their own.

Set clear, consistent rules and expectations.

Discipline them and this time explain to the child why things are happening.

Use logical, immediate consequences for misbehavior that are directly related to the behavior.

If the child throws a toy, then the toy is taken away

for a short period.

If they spill food, then they help clean it up.

Apply the consequence right after the misbehavior, while the event is still fresh.

Time-outs: 1 minute per year of age, so 3 to 5 minutes max at this stage, when something happens where their body needs to be separated.

Loss of privilege for a short time, for example one turn at a game.

The same misbehavior is followed by the same consequence every time.

No yelling, hitting, or shaming.

Explain briefly why the consequence is happening.

The child should practice cooperation with others, and the most valuable way is playing group games.

5 years to 11 years:

Between ages 5 and 11, children need balanced meals and healthy snacks, guidance on portions and choices, 9 to 11 hours of sleep with no naps and a consistent bedtime, and a safe environment with situational supervision. They should be encouraged to express emotions, develop empathy, problem-solve, and build social skills, while learning and exploring school subjects and hobbies. Discipline involves logical, immediate, consistent consequences for misbehavior, reinforcing positive behavior, and teaching responsibility and self-regulation while avoiding harsh punishment. They should gradually take on self-care, hygiene, and household tasks, learn basic decision-making and money skills, and continue regular medical checkups, dental visits, and health guidance. Parents should provide

support, guidance, and oversight in riskier situations to foster independence and confidence. Teach kids how to clean, make food for themselves, and basic self-preservation skills. Give them screen time limits where they can only use devices for 1 hour per day, like watching videos or cartoons.

11 years to 18 years:

Teens should manage personal hygiene, self-care, and household responsibilities.
Encourage independence in scheduling, transportation (learning to navigate safely), and financial literacy and budgeting.
Slowly encourage them to grow into themselves.
Introduce the child to religion fully and explain what you believe in.
Follow the system of family structure under the

identity system.

Let them find their friends and their identity.

To discipline a teenager effectively, set clear rules and boundaries by explaining expectations and house rules clearly, including curfews, chores, behavior expectations, and online or in-person safety rules. Use logical, consistent consequences that are directly related to the behavior and applied consistently, such as earlier bedtime or limited privileges for a missed curfew, temporary restriction of device use for breaking rules about electronics, or grounding from car privileges for unsafe driving. Involve them in problem-solving by asking what they could do differently next time and encouraging reflection, responsibility, and learning from mistakes. Focus on guidance rather than punishment by avoiding yelling, shaming, or harsh

punishment and modeling calm reasoning and problem-solving. Praise positive behavior to reinforce good choices and build motivation and trust. Negotiate and gradually give autonomy by allowing them to make some decisions and experience natural consequences with parental guidance.

Teach them independence skills slowly like driving a car, shaving, banking, and teach them skills 30 minutes a day to make them more independent. Give them guidance on coping with peer pressure, self-esteem, and mental health awareness. Provide age-appropriate education about puberty, consent, sexual health, and relationships. Give them as much science education during adolescence as possible and spark their curiosity rather than shutting down even one question they ask.

18 years to 23 years:

The child should now get a job and start getting ready to separate from their parents. This means all levels of separation they had from their parents, they should now live independently, including rent, food, job, and responsibilities

CHAPTER 12: FAMILY, IT TURNS YOU YOURSELF

I wanted to end my life. Meet death again. I figured I could not live life to the fullest anymore. I could not have life with meaning, and that would just get me to be consumed. I started daydreaming about dying again. I even

often had dreams about dying in the sea again. Feeling that peace I did not have, only when I was young. I had climbed a cliff on the mountain I often visited to get away from everyone. There was no future left for me, there was no hope. It was time for me to end where I started. Dying, but this time by myself. There really is no point to this life. I stand there ready to jump, but I just can't. My legs are shaking, but they just won't move forward. I came back home.

I have decided I did succeed. I did kill myself. Now I am just a dead man walking. I went on the internet to perform a ritual of saying goodbye to my old self, and I discovered a mental health page on Reddit. The more I read, and I read a lot, the more I finally understood why I was the

way I was. From me dying to my parents denying me. Coercing me with love, with affection, to be who they asked me to be. I learned from psychology all the things I found as a purpose, from living life to nihilism to religion, were affected by the environment my parents created. Even now, as I know this, it affects me still. I was wondering if it was possible for me to fix the mistakes my parents made when they raised me. Did they destine me to destruction?

My mother would tell everyone how great I am, how sweet and nice I am. She would love me when I was that, and she would hate me when I was not. I was a black and white thing to her. A trophy she could share with others.

My father was only in my life as someone who provided things for me; he was just a stranger I knew very little about. It was only when I needed to be punished that I knew his punishment. I did not know his rewards, his anything. Just what it was not okay to do. I wish he talked to me more when I was young, I wish I would get to know him more before he dies.

I am thankful for my parents, but their mistakes have ruined my life, controlled me, brought me to the edge of death. I was a reflection of the bad things they neglected in me, I was not myself.

I spent my teenage years reading psychology, finally I knew what I needed to face myself. I

knew what it was that I needed to do. I needed to run away as far as possible from them.

SYSTEM OF FAMILY

A family should be composed of parents and siblings. If you do not have good relationships with your parents, seek parental affection from your teachers, your mentors, or your religious leader.
Find siblings by finding friends.

How a family should be like:

Providing extended kinship support (co-residence or involvement) is generally protective. Grandparent involvement in

childhood is linked to greater emotional well-being in adolescence and adulthood and fewer behavioral problems. Resource-sharing in extended kinship networks improves children's educational and health outcomes, especially in low-income contexts. Therefore, having 4 partners with very close friends is incredibly ideal.

Because there need to be kids that are newborn and they need 24/7 watch, it is very important for there to be 2 parents around the same children to ensure all needs of the kids are met, so the schedule of parents should be split in such a way that children would get 2 parents at all times until they turn 16 months old, when they will be okay with 1 parent. It doesn't have

to be the same 2 parents, just 2 parents. If scheduling is difficult, one will be okay, but it isn’t preferred.

So the schedules of the parents should be such that 2 parents are always available in a 24-hour day.

Hopefully the government allows any woman to be with her child fully paid so that scheduling will not be necessary, but if your government is not of such stature, ensure this can happen.

Parents should showcase that they unconditionally support their children with warmth and support, no matter what the child does.

Families should have a one-hour open dialogue with each other as a ritual, where they ask children open-ended questions about their day and feelings. Use “I” statements (e.g., “I feel worried when…”). Practice active listening: repeat back understanding. Express affection verbally (“I love you”) and non-verbally (smiles, touch). Validate feelings (“It’s okay to feel upset”) before problem-solving. Ask about problems, talk about them, and have the whole family try to solve the problem together as a group problem rather than that of the individual. It’s also important to showcase parents who express and handle emotions healthily (not purely stoic or explosive) and

have mental health and emotional processing conversations during this time.

Families should have consistent routines, including things like chores and responsibilities given to everyone in the family. Well-functioning families distribute tasks (childcare, housework) according to age and ability, preventing overload. Having clear role expectations correlates with family organization. All 4 parents should agree on what goes where before actually putting it into action so that kids are not confused, as in one parent saying it’s okay and the other saying it’s not. All subjects from a child to one parent should be brought up with the other 3.

Families should eat meals together each day and have a bedtime routine together each day to promote bonding and routine-based relationships.

Families should also have a ritual of bonding time once per week by doing something together, like having a game night or travel night or whatever could bond the family in a ritualistic way.

Families should have a celebration ritual or an award ceremony whenever something good in the family happens. This could mean that someone getting a promotion or a good grade would mean buying a cake or being taken to their favorite restaurant or similar.

Families should always give each other physical

intimacy, as in hugging each other, kissing each other, giving each other massages, etc., as long as it doesn’t cross boundaries.

It should be clear who the parents are and who the siblings are. Clear boundaries (who is in or out of decision-making) are vital. This means distinguishing marital, parental, and sibling subsystems. For example, parents discuss adult matters privately, and siblings have personal space. Good boundaries prevent roles from becoming blurred (e.g., a parent’s friend acting like a pseudo-parent). Healthy families negotiate privacy respectfully (knocking before entering rooms, respecting confidences).
All people should know their position in the family.

CHAPTER 13: PACING, 20 MINUTES CHANGE

You live a big life, you just live it little by little. It was time to cross the Russian-Ukrainian border for Emilia and her smugglers. The guards were everywhere on the border. Emilia was thinking of her father and her family. She started crying. All she ever wanted was to escape that place, and now she is crying because she missed the people who made the place. She just did it. She just ran away. She became dizzy at this realization, her entire life had changed in less than 24 hours. She is now at the border, where she most likely was about to be arrested or shot. She had a full-on panic attack. It takes time. Everything in life takes time. She

rushed her time, now she is facing the consequences. Emilia, life is not a race to the end. You had years to prepare to leave. You could have had all of this figured out if you were just patient. You were afraid you would not move. Those were the thoughts she was having while in that panic attack. Luckily, the smugglers went back to their path number 2, and as they went there, there were fewer guards. They sneaked into the back of a truck that they paid the driver with all of the money I took, and then Emilia, with them, finally ended up in Ukraine. Her panic luckily went away, but she knew from then on not to change her life so fast. Still change it. There was time in her life. So much time she chose to ignore it.

SYSTEM OF PACING

Change only 20 minutes of the day you are in.

If you need to change something that is more than 20 minutes, like 60 minutes, wait 3 days without changing anything and then do the 60-minute change.

CHAPTER 14: LEARNING SKILLS, WITHOUT PREPARATION THERE IS NO SUCCESS

I could not run away instantly. I had rushed into my beliefs, into my purposes, into my life, and into my death. I rush into it, it destroys me, and I rush out of it. The cycle I learned from how my parents raised me. I did not want this to be the same.

I had planned to escape to a small town called Kotor. I would still be in my country, but it would be so far out of my parents' place that they would barely ever come to even search for me there. I was waiting for a perfect moment. I need to run away, that is the only way I can find myself. And only when I know who I am can I find my purpose. I was in my first month of high school and decided to drop out. I did it. Now I kept daydreaming about my escape, what would happen there in Kotor, who I would be, who I would impress. I would turn on music and just start getting ready emotionally with my daydreams. I would write one part of the plan and then I would daydream the rest of my day. I would spend this time while my parents fed me, clothed me, and everything. While I did not leave my room because my high school was over, I, in my

attempt not to be consumed by anything outside due to not having a purpose yet, was consumed by the inside. My daydreams overtook me. They became my reality. My plan was never fully finished.

My cat somehow learned to open my window, and while I was sleeping, she climbed into my bed and slept with me. It felt so nice. She stayed in my room the entire day that day. As I was writing my plan and daydreaming, imagining everything I could do, I looked at my cat. I could not take him with me. I can barely take care of him here. I knew if I left him here, my family would lose him on purpose. That is when I decided to stop my plan to run away. I loved him too much. When you love something so much, you will never leave it. I figured I was not strong enough to face myself.

Because of my weakness, I daydream and fantasize in a world that showcases my strength. I needed to be the person from my fantasies in real life. I needed to become capable enough to run away first. I decided to train myself into strength. If I was not prepared and had no skills, I would fail no matter how much I wanted success.

SYSTEM OF LEARNING SKILLS

In all skills, in all preparation necessary, 20% of all the things that work make up 80% of the work. For example, to learn a language, learn the 10,000 most commonly spoken words first, which are around 20% or less of the language, and doing so will get you to understand 80% of what people say. Once this is learned, it is easy to learn other words of the language. Most of science is based on a few

20% of the formulas that answer the majority of the questions.

So first, to learn a new skill or to prepare for a certain situation that might happen:

Google what the 20% of that will be, and if you don’t have Google, discover what will be the core of that skill or situation. Most likely, that is the 20% you need to learn.

Memorize it using this system:

Grasp what is being said fully. If you don't grasp the information provided to you, get it from another source.
Remove all the clutter of useless information at the place where your information is provided.
Group information into smaller parts, up to 7 parts,

that are easier to remember than one whole piece of information at once (083456798 → 083 456 789).

Write down all the information for each group on a piece of paper.

Start pacing back and forth while recalling information in the next examples (only when recalling).

Read what you wrote and imagine what the information provides in vivid pictures that associate the information that is there with something you already know, like an analogy.

Write the first letter of each word of sentences you need to memorize on another page and recall them using the first letter of each word as a hint.

After succeeding using first-letter hints, close your eyes and recall what was written with no hints.

Put what you learned into practice somehow by

doing what it showed you.

Take a 10-minute nap after succeeding.

After you awake, answer questions of what you needed to memorize with either a human asking you or ChatGPT.

Repeat every day for 7 days.

Doing that will get you to fully understand and learn what you need to.

Now skip the 8 steps for the next week of doing so and just practice doing it.

After 2 weeks of practicing and memorizing, fill in all the gaps by either using logic to fill in the gaps if it’s a situation you are practicing for, or if it’s a skill you are practicing, watch others perform it or perform it yourself and use your own reason to fill

in the gaps of what they or you need to do.

Do this every day, 30 minutes per day.

CHAPTER 15: WORKING A JOB, YOUR OWN METHOD IS THE BEST METHOD

Emilia and her smugglers do not know what path to walk through in Ukraine. Due to the change in the Russian border path, they no longer have a clear direction. Emilia tells them that since they all have documents, if they just go on the main road where the tourists go, they will not need to care. They can just tell the cops they are tourists from Kazakhstan. The smugglers did not like that idea, just in case the police decided to fact-check their ID in some way. They wanted to go back on their path where other smugglers go through. Emilia

was worried that since they had guards on the border, someone must have snitched on their path. They did not like Emilia's suggestion at all. Because Emilia could not survive without them, she had no choice but to go where they were going.

As they went on their old path, they managed some distance until they were found by immigration officers. They found the parents and the child as they went to drink from a faucet. Fearing that the parent and the child would snitch on them, the smuggling group, including Emilia, left them. That was the condition of the group: if you were found, you were left. Illegal immigration is like an extreme game of hide and seek. Emilia wanted to go back, but she decided not to. We all make our choices, and we make our own luck, and the unlucky choices happen. Emilia chose her own

safety over the danger to her friends. They went back.

At the end, Emilia's plan was the one they chose to follow. Acting like tourists got no one to even question them, despite being in the presence of many cops. They easily went from Ukraine to Romania, into an EU country.

Emilia knew to always follow the methods she found worked for her because when she followed the methods of others, she almost got arrested.

SYSTEM OF WORKING A JOB

Products or services must elicit an emotional reaction from their customers.

All services must be made so that they are interactive with the customer (the customer goes through some kind of experience with the service), and in doing so, it will always give an emotional reaction.

All products must have a thing that makes them number 1 in something extraordinary compared to their ordinary counterpart products.

Now, the above are the only places people who follow my guide should work at, but that has to do with how companies are made and work rather than how workers in the company work, therefore not creating the companies part of the government but the way people work and how work should be done and how much.

Things like in what way people should get paid, like on time or based on the work they did, are all company questions. This is a work system on how work itself, by all workers in the company, should be done:

Also, things like how all jobs should be intrinsically motivating are about the system of finding jobs for people, not how they work.

Work should be like this:

There needs to be an objective personal benchmark to finish in the job based on the previous record for the job so you can outperform yourself to finish in a week.
The method of getting to that benchmark should be left to the worker.

Every week, the worker should improve their method to make their work more efficient.

Jobs should be at least one point four times the cost of living in pay.

Pay should come every two weeks.

A job should have structured breaks while it’s happening.

Work one hour, then take a fifteen-minute break and repeat until the end.

Jobs should be seven hours per day, five days per week.

Always at the same time, not working in shifts.

CHAPTER 16: COMPETITION, DON’T COMPARE YOURSELF WITH YOURSELF

I needed a challenge I could accomplish. My entire life was a series of me constantly disappointing myself. But I wanted a challenge. I believed that what it meant to be strong was to have no weaknesses. I started going through experiences I knew would harm me. Socially, I dropped all of my friends except my best friend. Emotionally, I would search for things on the internet that would end up traumatizing me, stories and videos of incredibly sad violence that happens in this world. It gave me trauma, but I fought against it. I would take a knife and cut my skin until blood came. I was proving to

myself that I could not be affected by any external or internal things. I told myself my environment would shape me no more. I kept doing it, more and more. But things did not take a turn in my life. My life remained the same. I did not become more capable of anything. I still could not provide for my cat. I understood that I could not take care of him no matter how unaffected I became, because he was not me. True strength comes from the ability to protect others and yourself, not just yourself from others.

I started competing with my cat. I would catch a bird for her and she would hunt a mouse for me. We played together, he chased a string I had. I assumed he thought it was a snake and if he did not catch it by the time he got tired, I would win. Then I would play with his food until he would grab

it by jumping and catching it. He even learned to open the door. I learned that it is competition that proves you are strong, not with yourself but with others. That is the role my cat played in my life. Sometimes I would provoke him so much, make him so angry, he would start attacking me by jumping on my leg, hugging and biting me as hard as he could. I would move my legs like I was an acrobat, escaping him. I think from the fights we were even. I wish we could still compete.

SYSTEM OF COMPETITION

Do the same as the system of learning skills but learn all the rules of the game.

Understand that under such rules, other rules must follow.

Understand the structure of the game and understand how to play it in a way that gives you the biggest advantage against your opponent.

Create a system for doing so in order to win.

Compete once a week.

CHAPTER 17: GETTING CLOSURE, EVERYTHING TRANSFORMS BUT NOTHING ENDS

I was watching YouTube videos on becoming more independent, but nothing seemed to click for me, so I ended up playing video games until late at night. It was the same as usual. I woke up, spent time with my family, played with my cat, and watched YouTube. We had just gotten the cat

neutered, so he was sitting on my lap for the first time ever. I pet him.

Then we went on a walk with my parents, and my cat chose to follow us as usual. He was allowed to go outside and come back into the house. He had lived like that his entire life. I did not want him to lose his freedom the way I felt I had lost mine in this path through life.

As I was watching, my brother came back from work. He told me he had bad news. He said he saw my cat. He said he saw a cat that had been run over on the side of the road. I did not believe him. It must have been some other cat. My cat spent every day outside. There was no way he would be stupid enough to die like that.

Who was I getting stronger for? Who was I staying at home for? The only thing I had left to love was gone now, all because of someone driving recklessly. I went with my brother to confirm if it was truly my cat, because I still believed it was not.

As I stood there, I saw his body. I recognized his face. He had a scratch on his head from the fall. It was him. He was dead.

The cycle continued.

I waited until night to get some privacy. My family went to sleep. I turned on music and started crying. I will never love again. It is not me that dies. Things are meaningless because the ones you

love die too. Life is a game in which those who live it lose. The only way to win is not to play.

I turned to sadness, but sadness was not enough to express what I was feeling. My cat dying was the bridge between my sanity and my life, and it was burned to ashes.

I realized something that night. If people were good, my cat would still be alive. My parents would have kept me sane. My responsibilities and my strengths would exist within me because of others. My cat was dead because people were not good.

One on one. One on two. One on thousands. People were simply not good. People were simply born evil.

That became my new philosophy. It explained everything. I had stopped caring, and in turn, I became evil myself. It made perfect sense. From childhood until now, my life would have taken a different direction if people were good.

I turned my sorrow into hate. I wanted to do what I had only thought about before. I wanted to wipe out the human race so that animals, born good, could take over what we had ruined.

What I did not know then was that while my cat was dead, he was still there. The moment of our play had not ended. It was so great, so perfect. It exists now, in me, in history, in the stories I write. The energy that made my cat did not end. It became the energy of the sky, of the stars, of the planet, of me.

That moment is now flowing through the light of the universe, and only those far away could see the light of me and my cat playing if they pointed their satellites at us.

Endings are an illusion. Nothing ends.

SYSTEM OF GETTING CLOSURE, ENDING RELATIONSHIPS AND GRIEVING

People should leave relationships, or be removed from them, once their conflict no longer aligns with the interests of the group.

How to let someone go:

1 Write down a list of any reasons you think you might meet each other again.

2 For each of those reasons, take action to make it

impossible for them to continue existing.

3 Acknowledge the loss by discussing the ending with someone. Share memories of the person and what you had together.

4 Accept that grieving involves a range of emotions such as sadness, anger, guilt, or even relief. Let yourself feel these emotions. Talk openly with trusted friends or family, or express them through writing, art, or other outlets.

5 Engage in a ritual that honors the relationship. Write a letter about what could have been and what was lost, then destroy it as a symbol of letting go.

6 Reflect on why the relationship ended. Write the full story from beginning to end, framing the ending as a natural resolution to everything that came before.

7 Make a list of lessons and things you have gained from the relationship ending, and reinforce them through action.

8 Do something that represents transformation, such as changing your style, habits, or environment in a visible way.

9 Identify the role that person played in your life, then find new ways or new people to fulfill that role without trying to replace them.

CHAPTER 18: INDEPENDENCE, KILL WHO CONTROLS YOU

The smugglers have entered Romania. Emilia and the group are now going to have an easy journey. Emilia encountered many people in Romania, trying to get them to join her religion, but everyone told

her no. She mostly encountered people of Roma descent. She kept thinking about her father. He kept telling her her beliefs aren't true. He said she was crazy for thinking of them, telling her she was a Muslim just like he is. He did not accept the part that mattered the most to her. She was a follanite. She believed everyone would end up joining such an obviously true religion, but she was wrong. Everyone she talked to kept denying her. Her father was right. No one would believe her.

Her father kept making conditions for his love, on his child. Because Emilia was different, she would only be able to buy food she liked, and not what her father gave her, if she went to pray at the mosque with him. She could only do certain things and even spend time with her father if she said Allah is the greatest. He tried to force religion

upon her, but all that did was force her away from her father. But it did not do that either.

Her father did everything for her. He cooked for her, cleaned for her, and told her to stop whenever she tried to do things for herself. He knew if he did everything, his daughter would listen to him, she would become what he wanted. He made his daughter incapable of being alone, even if alone is all she ever knew to be. He made her into a shell of a person. She kept thinking of him. She had this picture of him she would look at, and she would imagine what he would say about her in this situation.

She knew it was time. She was a bird trapped in a cage, not aware she was in one. Birds have the ability to fly away anywhere, yet they remain in the

place their parents took them to. They are not weak in their physical ability, but they are trapped in habits and what they know. She knew what she had to do to remove the shackles of her mind. She went next to a river, took the photo she had in her hands, and burned it, watching the ashes go down the river. She had killed her father, and in doing so, stopped being weighed down by what he told her she was. Now she was her own person, and only she could tell herself who she is. She, at this moment, killed the girl in her and let the woman be born.

SYSTEM OF INDEPEENDENCE:

Before deciding to become fully independent and follow this route of independence from where you

left off, it is important to use the system of getting closure on the people you have been dependent on for years, using a symbolic ritual to “kill” them in some form.

It does not matter at what point you are in this system, but this system should apply once you are at least a teenager. It is important to complete it quickly if you are an adult. Start from where you left off and continue.

Learn to eat, dress, and handle basic health tasks by yourself
Eat, dress, and handle basic health tasks by yourself
Learn to be hygienic by yourself
Be hygienic by yourself
Learn to go to places by yourself such as shops,

schools, doctors, and dentists

Go to places by yourself

Learn to plan ahead and form ideas and strategies by yourself

Plan ahead and form ideas and strategies by yourself

Learn to socialize with people by yourself

Socialize with people by yourself

Learn how to make food for yourself

Make food for yourself

Learn how to clean by yourself, including laundry, ironing clothes, making your bed, and organizing your closet

Clean by yourself

Learn how to educate yourself

Educate yourself

Learn to handle emergencies or illness by yourself

Handle emergencies or illness by yourself

Learn how to fix broken things or build things by yourself

Fix broken things or build things by yourself

Learn how to transport yourself by yourself

Transport yourself by yourself

Learn how to obtain all necessary government documents by yourself

Get your ID and all other documents you will need from your government

Learn how to handle finances and budgeting by yourself

Handle finances and budgeting by yourself

Learn how to find a job and work in one by yourself

Find a job and work in one by yourself

Learn how to move out of your parents’ place by yourself

Move out of your parents’ place by yourself

Learn how to live by yourself

Live by yourself

Learn how to build wealth by yourself

Build wealth by yourself

CHAPTER 19: DEALING AND COPING WITH UNWANTED MENTAL STUFF, INSECURITIES, TRAUMA…

I believed that my hair was bad. I have curly hair, and people always told me that my hair was bad. Now that I wanted everyone, I thought it was funny how much I cared about my hair. I would straighten it, use gel on it, and brush it every day.

I remember I was looking at a celebrity who had hair that was a bit longer than mine. I saw people treat his hair as something so cool. I would check the comments, and they would all talk about how pretty his hair was. I thought that if I just grew my hair like this person, I would be treated the same. So I did, but the celebrity was not as popular as before. No one treated me differently.

I then read about another celebrity, and he had longer hair, so I told myself my hair must not have been long enough. As it got longer, people started noticing, which made me think it was working. But it still looked to me like it was not enough. People still made comments about how bad my curly hair was. I kept thinking I needed

longer hair. I would compare myself to other celebrities with longer hair and compare how we looked. But it did not matter.

No matter how long my hair got, even if I was treated differently, I would still want it to be longer. I was insecure, and since insecurities are mental, nothing external could satisfy them. The insecurity kept feeding itself more and more.

I understood this now. I no longer cared about people, so I got a buzzcut. No hair anymore. I knew people had power over me. I needed the buzzcut as a start to gain power over others. I needed to become stronger than the thing I wanted destroyed. This time, I was not getting

strong to protect, but to destroy. People would not make me insecure any longer.

SYSTEM OF COPING WITH UNWANTED MENTAL THINGS

Get cognitive behavioral therapy if it is impossible to succeed using this method.

Set aside 1 hour each day to focus on the mental beliefs, insecurities, and emotions that you do not want to have.
Write down one unwanted mental issue that is troubling you.
Sit with this sentence for 5 to 10 minutes, and as you notice your emotions, write down how it makes you feel and what specifically causes those feelings.

Argue against your unwanted belief by listing evidence against it and presenting evidence that shows it is not entirely correct. Look at nuance, break it down logically, and reach a more balanced conclusion.

Use that new conclusion as a mantra to repeat whenever the thought appears. For example, when a thought arises like “I’m worthless,” respond with a rehearsed calming line such as “That’s just my anxiety talking.”

Write a list of things that trigger this unwanted mental issue, from least triggering to most triggering, and imagine scenarios or memories starting from the least intense and gradually moving up, each time ending in a safe or improved outcome.

Write yourself a letter about this issue from the perspective of advising a friend who is struggling with it.

Use harmless cathartic releases to vent, such as screaming into a pillow, tearing paper, or doing a set of jumping jacks.

Educate yourself about this belief by learning what it is, why people develop it, and how it becomes stronger, using reputable sources such as books or articles.

Read about people who have successfully overcome it and how they did so.

CHAPTER 20: AN ACCURATE MENTAL MODEL OF REALITY, THE FUTURE

TELLS YOU WHO THE REAL PROPHETS ARE

Emilia and the smuggling group were in a high-police area in Romania. There had been reports of mass immigrants illegally coming through Romania and into Western Europe. Emilia knew, based on her previous encounter with the police in Ukraine, that they needed to avoid seeming suspicious. The smugglers disagreed with her again, but this time she decided not to go with them.

The smuggling group continued forward toward the immigration officers, while Emilia decided, based on her knowledge, to turn back and go to the main road. The smugglers continued, and as she watched them from afar, she saw the police stop

them and ask for their documents. They saw her, and she saw them. They would never see each other again.

Later, she prayed for them, believing they had somehow managed to get away by paying off corrupt officers. If they had only known the truth, they would have known how to live life. It is important to understand what is going to happen, because those who do not are at risk. Truth is truth, but without it helping you predict things in life, it becomes pointless. Not having an accurate model of reality leads you to question yourself, or even believe you should turn right when you should turn left.

Many people think life will guide them in the right direction, and they end up walking left off a cliff.

Many prophets came to tell people what would happen and what is right, but today is not the day you can know for sure. The future will reveal who was right. Truth comes, you just have to be patient.

Emilia left the smuggling group and decided to walk all the way to Serbia.

SYSTEM OF HAVING AN ACCURATE MENTAL MODEL OF REALITY

Practice proving math theorems and learn to do Bayesian updating before beginning to structure your mental model of reality.

Before you begin your practice, ensure you aren’t stressed, fatigued, or in any state that could harm the process.

Your environment shapes your beliefs, so new environments are ideal to test whether your beliefs hold.

Each week, write a list of things you believe to be true about the reality you live in. These can be general or specific. It is important to start with your most core beliefs about the world, then continue to other statements.

Be aware of your biases. Study them and check if any of the things you have listed are influenced by bias. If they are, challenge those first.

Take your time and don’t think fast, but rather very slowly so it is deliberate. For each statement, think of additional diverse viewpoints, either by brainstorming or recalling viewpoints others have.

Come up with five major ones that contradict each other.

Make arguments for all of them, and then make arguments against all of them.

Use Bayesian updating: multiply how likely the evidence is if the belief is true by your prior confidence, then divide by how likely the evidence is overall. Do this for all arguments to reach a conclusion.

Based on your conclusion, make a prediction and test it to see if what you believed was correct. If yes, move on. If not, repeat until you arrive at a more accurate mental model.

The order of truth is: tautological truth, evidence-based truth, probability truth, and then likelihood truth.

The scientific method fillanites should use, rather than the modern one:

observe, categorize, deduce, predict, test

Observe a common thing that is happening.

Put it into a clearly defined group that does not contradict itself and needs no correction in its definition. This means it should not require even one percent nuance. This step is the most important.

Using tautology and axioms, make logical proofs about the properties of this group.

Based on the conclusions from those proofs, formulate a prediction about how all members of this group will behave under certain conditions.

Test this by applying those conditions to more and more members of the group. If the prediction consistently holds, you can begin to treat your conclusion as a fact about that group.

CHAPTER 21: Novelty, External stimulation is necessary

People who try to achieve something by doing the same thing again and again will at the beginning be ok with doing so. However, after a while, repetition loses its feelings and it goes from being fun to being boring and repetitive, in which there is

nothing of interest anymore and you will lose motivation. Once you lose motivation, the repetition will stop, but it will not get anything better; it would just be replaced with an empty hole. The person would start wondering, “Why is it that what I could do easily, I now do not want to do?” That is because at the start, all things are fun because they are unknown, but as you get to know them, there is no stimulation left and it becomes something that does not challenge you. You are created by God to crave transformation into becoming more, so not having anything to add to yourself will make you not crave the same thing after a while. That is why novelty should be in everyone's life so that you can still accomplish your old routinely zeels.

SYSTEM OF NOVELTY

Once each week, you should experience something truly novel.

Sensorimotor novelty tends to have the strongest effect on accomplishing your zeel of novelty.

Each week, then try a different sport, dance, or anything that makes you move your body in an interesting, new way. It could be rock climbing, kayaking, or trying a new dance, like a breakdancing class. Adventure activities that require coordination and balance are perfect. Luckily, there are many, so you will never run out.

CHAPTER 22: FREEDOM, MAKE YOUR OWN CHOICES

Those who know how to get the power to become strong, become strong. Ignorance makes slaves out of kings. Those who are not aware of who they are cannot make their own choices because they don’t know who makes the choices. If you live your entire life having your choices made for you, you are nothing but a shadow of other people. You will get so used to being a follower that you will become blinded to where you are being led. If all your choices are made by others, when others make bad choices for you, you too will make bad choices for yourself. Listening to others can build you, but it can much more easily break you apart. To yourself, you are everything you truly have, but to others you are disposable. If you have no freedom of your own, you will be led towards destruction in the freedom of others.

SYSTEM OF GETTING FREEDOM:

It is impossible to get a feeling of freedom without completing the system of independence.

After getting your independence, it is important to practice vocalizing what you are feeling with your friends and another person until it feels natural.

Knowing your values, your identity, your boundaries, and your wishes, and such things, after you have learned to vocalize your emotions, is the next step towards feeling free.

Set up realistic standards for yourself and realistic goals that are totally achievable, and goals that are completely something you value and are fully self-selected or religious.

Make self-endorsed choices that will lead you towards achieving these goals.

Every day at the end of the day, reflect on why you made the choices that you made that day and why those choices matter to you.

Once a week, get away by breaking social boundaries by saying things you aren’t supposed to in a funny way, or doing things you aren’t supposed to do, like rolling in the mud and stuff, in a safe, non-sinful way.

CHAPTER 23: RESTING, IF THE CANDLE NEVER STOPS BURNING, IT BURNS OUT

I had now a plan to end all Homo sapiens. I had thought of stealing a man-made virus from Italy that would spread everywhere and kill everyone it touched. That would lead to widespread genocide. In such an interconnected world, no one would survive.

I kept planning, and I needed money to get people to steal it. So I started working on the internet, then working at this agriculture place. I would work until I was tired, then I would come home, get on the internet, and edit videos for money. I attempted to do so again. Again. Again. I needed money. Again.

I did this daily, and I barely made any money. As I was doing this, I had caught a cold. I always

had a weak immune system and had been sick for months without it ending as a child. Back then, my family took care of me, but this time I kept going, ignoring my cold.

As I was scheming and working, my cold was getting worse. One day I got home, my family went shopping, and I was getting on my laptop. I stood up to do my stretches. As I did them, the room started to turn unevenly. “What the…”

Then my body started tingling and my vision went blurry. I fell. I collapsed on the ground. I had overworked my body, ignored it, and now my body decided to take revenge and ignore me.

I took a calming vacation. I went back on the mountain, next to the road where my cat died, and just sat there thinking about things. I knew there that I was not doing it because I was actually going to follow through with it. I needed something to direct my anger towards myself into the world. The anger that I could have been better, done what someone better would do, take care of your special someone as someone who loves would do, someone whose love would still be with him.

I understood I did not need emotions, psychology, environment, or anything to find the truth. Not even prediction. All I needed, sitting there, was obvious. I needed reason. Logic

would answer all my questions, so I sought out debates everywhere on the internet.

Eventually, as I debated everyone about God, about stoicism, and other philosophies, my own belief started to form a shape. I had discovered God. I had found Follanism. I had not called it that yet.

SYSTEM OF RESTING

Whenever you do anything that is draining, no matter whether mental or physical, your body needs to reset its energy levels, and the best way to do that is to take a 30-minute nap by setting an alarm after doing so.

To take a nap, do the same thing you do to fall asleep.

If you are unable to take a nap even with the falling-asleep method, do yoga nidra for 30 minutes.

CHAPTER 24: SLEEP, WHEN YOUR UNCONSCIOUS MIND HELPS WHAT YOUR CONSCIOUS MIND CAN'T

Emilia is now headed directly to Montenegro. She is going there to relax and start her new religion as a new person, this time not held back by the chains of her past that led her there. As she is going there, she sees nothing else. Her excitement to

finally come to her dream destination was too great for her to stop.

She kept walking. She walked through Romania while barely sleeping. She walked mostly at night, and during the day she spent time resting, thinking about what she would do, thinking about everything, praying. The same happened throughout Serbia. She had slept for only 3 hours per day, but she was finally here. She came to Montenegro.

As she was going near where the beaches were, she started hallucinating, hearing things that were not there, seeing things that only she could see. Her energy, which was supposed to be at its highest now, was at its lowest. Her brain hurt, her legs hurt, and all she could do was fall.

She immediately went to the person with the fake ID, and luckily for her, she got a bed to sleep in there and slept for 16 hours. After that, the person woke her up, gave her the fake IDs, gave her access to Montenegro and the documents, and she left towards the sea, to some random beach where she would likely never be asked for papers.

The only thing left for her was to find people she could speak to about her religion, but most people here were Christian and they, just like in Romania, were not willing to change. So she looked everywhere, and that was when she met a weird teenager who was walking alone.

That was me.

SYSTEM OF SLEEP

Understand there are two purposes of sleep.

People who aren’t aware of the purpose of sleep:

Deep sleep

Your conscious brain needs stimuli, as in you need stimuli or else you would not perform any action. However, there are necessities your body and brain need that they must do that do not have stimuli. To do this better, your body makes it so you cannot be conscious and have to go through these boring, unstimulating things while your body does them. That is the purpose of deep sleep. Science will prove this to be the case and you will believe in Fillanism even more when it happens.

Dreams

You have consciousness during dreams, but the things that happen to you are made by your

subconscious mind. Most of the things you dream of are things that you have not emotionally dealt with yet. Some are messages from the angels of God to guide you. Dealing with them would make your dreams better and you would have more lucid dreams the fewer emotional problems you have.

It is important to decide for yourself what your ideal sleep routine is, because those who do not know will change it often and it will ruin their sleep. So take into consideration what sleep schedule would be ideal for you in a way where you don’t feel any need to replace it. Make sure to check your age and the ideal amount of sleep you need for it. If you are an adult, that’s either 7.5 hours per day or 9 hours per day on average.

Your day should feel productive so your brain knows that sleeping is a good end point of the day, and to do that ensure the first 4 hours of the day are spent getting something done.

Before you sleep, it is very important to do the emotional parts of the identity part of the final book, which are understanding your emotional reactions and telling yourself what you are proud of doing today. If you have unresolved stress or other emotional problems, it is important to cope with them at least 3 hours before sleep and then fall asleep.

Spend 2 hours before going to bed doing relaxing activities that aren’t high in arousal, such as stretching, getting a massage, meditation, reading, etc. Make sure all arousing things are put away,

including your phone, far out of reach, and anything that would get you excited.

Think of how the day tomorrow is going to be from beginning to end.

Then do this meditation practice:

Lie down in a lying position with your palms facing the sky.
Do circular awareness as in yoga nidra, where you focus on your right fingers, then your right palm, arm, shoulder, right part of the legs, then the left side, then the front side like the stomach and face, and then the back side like the back of the head and back, until you focus on each part. This part should last around 5 to 10 minutes.
Take 3 deep breaths.

Focus on your entire body and feel the vibration.

Take 3 deep breaths.

Gently repeat “I am allowing myself to go to sleep.”

Stay still and gently pay attention to the vibration of your body and the sound the vibrations are making.

Then gently let your mind imagine a series of unrelated random objects one after another. Don’t force them to come, just let your mind bring them and slowly observe them.

Slowly let them drift away while you observe the images and the sound of the vibrations.

As you notice them, gently repeat “I am allowing myself to go to sleep.”

Then notice how the imagination and the sounds you are observing become clearer, the vibrations

louder, and the imagination more realistic.

Continue to let your mind drift.

Go to bed in 1.5-hour intervals of waking up.

Make sure to wake up and go to sleep at the same time each day once you have decided those times. If you can’t sleep, let your body think you are sleeping by not moving a muscle for all the hours you should have spent sleeping and just rest comfortably in bed. If thoughts appear, let them.

Wake up by alarm for 2 months until it becomes natural.

The moment you wake up, talk out loud. Do not think with your inner voice or whisper, but talk as if you need to speak, and talk to yourself or with someone who is also waking up with you about the

dream you had. If you do not remember the dream, talk about your sleep. If you are alone, use a voice recorder app and speak there.

Make note of how your sleep went by asking yourself: how did you feel the day before, what did you do before sleeping, when did you try falling asleep, when did you fall asleep, what did you do that kept you awake, when you fell asleep what helped you fall asleep, how long did you sleep, how good did you feel after waking up, and how did you feel waking up, whether it was easy or not. Feel free to add any questions that might help. The more you understand yourself and how you form around sleep, the better your sleep will become.

CHAPTER 25: FITNESS, YOU MUST LEARN TO MOVE IF YOU DON'T WANT TO BE STUCK

I was very sick. I was sick often. I remember one time when I was so weak that I could not move a muscle. All I could do was slowly age in my bed watching the days pass by. I could not even get up to go to the bathroom. This lasted for days. My family had to walk me places and hold me so I would not fall. I sometimes think about that moment. Imagine if there had been no family there that day. Imagine if I had been left alone. I would not have been able to care for myself. I would not have been able to move. I would have starved. Your body must be able to move.

Movement is life. The more capable your body is of moving, the easier your life will become. There is a saying that a bird born in a cage will never learn to fly. It will never even learn to leave the cage. That idea is more familiar than many people want to admit. I had never left my home. I never learned how to live by myself. In that home I was broken. I was beaten. I was discouraged. Yet I still believed that I could put out the fire while remaining inside the match that had started it. But life has a price for everything. The price of starting a new life is the death of your old one. People resist endings because they fear what waits in the unknown chapters ahead. Still, if you want to live fully, you must make your body capable of movement.

Not only physical movement. The more ways you can move, the more things you can dodge.

SYSTEM OF FITNESS

System Of Posture

When sitting:

Push your butt backwards, slightly bending your lower spine.
Spread your legs 45°.
Chin is going to be behind the chest, with the neck going backwards slightly.
Shoulders fully relaxed.

When lying down:

Go on your back.

Put something like a pillow under your knees.

Put a soft pillow under your neck that extends to the back of your head.

When standing:

Keep your legs hip-width apart.

Knees slightly bent.

Keep your chin parallel to the floor.

Lift your arms, then put them down from behind and keep that shoulder alignment.

When walking:

Do everything the same as when standing, but add on:

When walking, roll your foot from heel, then middle foot, to toes.

Swing your arms with your legs.

Make steps about the size of your forearm.

When peeing:

Pee 6 times a day in 4-hour intervals by sitting down, leaning forward with your entire body towards your knees, and breathing relaxed and slowly.

When pooping:

Poop once a day 30 minutes after waking up by sitting squatted, where knees are above the belly button, with your upper body leaning forward, breathing slowly, and instead of trying to push it out, just wait 10 minutes until your body lets it go.

System of building muscles

System of working out

All muscle groups:

Triceps

Chest

Glutes

Hamstrings

Quadriceps

Lower Back

Calves

Abs

Neck

Biceps

Lats

Shoulders

Traps

Rhomboids

3 days per week full body, which means we will do the same exercises every time, and each exercise will have six reps.
All muscle groups should be trained with 18 sets per week.

Monday - Wednesday - Friday (I suggest some other but this one meets all criteria)

Make sure to do the correct weight where, after the final rep, you'd only have 2 reps left.

Barbell Curl - 3 sets x 10 reps (Biceps)
Conventional Deadlift - 6 sets x 8 reps (Glutes + Lower Back + Hamstrings + Quadriceps + Half Calves)
Plank While Doing Neck Extensions - 6 sets x 60 reps (Abs + Neck)

Barbell Bent Over Rows - 6 sets x 10 reps

(Rhomboids + Traps + Lats + Half Biceps)

Pliés ballet - 3 sets x 12 reps (Calves)

Decline Push Ups (feet high) - 6 sets x 12 reps

(Triceps + Chest + Shoulder)

System of building cardio:

Go running once a week (the day you are not working out).

Weekly, get a deep tissue massage, or if poor, give yourself a massage like this one:

Self body massage

The jaw:

Place fingers just in front of your ears. Clench

lightly to feel the muscle. Press firmly and move in slow circles. 60–90 seconds per side.

Base of Skull (Suboccipitals):

Lie down. Place two closed fists under the base of your skull. Roll them slightly and let your head sink into them. Breathe slowly for 2 minutes.

Upper Traps (Top of Shoulders):

Grab the soft muscle between neck and shoulder. Squeeze firmly. Hold 20 seconds. Slow exhale while squeezing. Repeat both sides.

Pectorals (Front of Chest):

Place fingers just inside the front shoulder. Press into the muscle (not collarbone). Slow circles. 60 seconds each side. Breathe slowly.

Inside of Forearms:

Palm up. Use your thumb to press along the inside forearm. Slow drag toward wrist. 1 minute each arm.

Lower Ribs (Intercostals):

Place hand on side ribs. Apply firm pressure. Inhale into your hand. Slow 6-second exhale. 2 minutes each side.

Diaphragm / Upper Abdomen:

Place fingers just below ribs. Press gently inward. Slow inhale through nose. Long, slow exhale through mouth for 2 minutes.

Glute Medius (Side of Hip):

Lie against the ground. Place fists on the upper outer hip between the butt and the wall. Lean into

it. Small, slow circular movements. 1 minute per side.

Behind the Knees (Popliteal Area — gentle only):

Sit. Light pressure only. Small circular motion. 30 seconds per leg.

Feet (Plantar Fascia):

Stand or press on your feet while sitting. Roll foot over ball. Slow pressure. 2 minutes per foot.

Stretch every day before going to sleep by doing this:

Hold each by breathing slowly and counting to 80.

Calves: Slant Board Lean >40°

Glutes: Supine Figure 4 Stretch

Hamstrings: Standing Forward Hold

Hip Flexors: Couch Stretch

Abductors: Frog Pose

Adductors: Butterfly Stretch

Quadriceps: Standing Quad Stretch

Lower Back: Seated Forward Fold

Lats: Hanging

Rhomboids: Thread-the-Needle Stretch

Abs: Cobra Pose

Obliques: Standing Side Bend

Pelvic Floor: 20 Kegels

Trapezius: Eagle Arms Stretch

Triceps: Overhead Triceps Stretch

Shoulders: Cross-Body Shoulder Stretch

Forearms: Wrist Flexor Stretch

Chest: Corner Pec Stretch

Neck: Diagonal Neck Stretch

Bicep: Wall Bicep Stretch

CHAPTER 26: NUTRITION, ENERGY COMES FROM MANY SOURCES, DO NOT RELY ON ONE

Energy comes from many sources, and no one person can provide all of it. A man who wants to build a house cannot depend on a single person to do everything for him. One brings wood, another brings tools, another brings knowledge. Together they create something that none of them could have built

alone. But there is a danger when someone takes too much from only one source. People do not like to give themselves away endlessly. When you overindulge in one form of energy, other forms of energy begin to close themselves to you. This is why Follanism teaches that abundance is a sin. Food is the same. Take in from many sources but do not take too much of it. You can find exactly how much of each

vitamin, mineral, macronutrient, amino acids and fatty acids you would need from food daily or weekly by asking the research we luckily have today. Find what you need, go 1 by 1 seeing what food meets that and move on to your next food. First calculate what 1 food does for you, then keep adding food until all your nutrition is complete. Make sure to take into account age, sex, height and

activity. Once it is done, don’t add more.

If you are like me 21 years old, male, 174 centimeters with moderate physical activities and you are ok with eating the same food daily this is the perfect diet for you:

- **A can of sardines**
- **2 baked sweet potatoes**
- **1 full medium plate of whole wheat pasta**
- **2 ounces of peanuts**
- **1 glass of 2% milk**
- **2 bananas**

- **2 kiwis**
- **2 tablespoons of coconut oil**
- **A scrambled egg**
- **2 ounces of almonds**
- **2 oranges**
- **2 raw tomatoes**
- **2 slices of whole grain bread**
- **Green apple**
- **1 cup of leaf lettuce**

It doesn’t matter how you eat this as long as it is only what you eat. And nothing less.

CHAPTER 27: HYGIENE, A FIGHT AGAINST THOSE WHO TRY TO BE MORE CAPABLE THAN YOU

Energy exists everywhere. It moves through the world and through every living thing. It is in the sun that warms us. It is in the food we eat and the water we drink. Even inside your own body, energy is constantly moving and being used. To live is to take energy. Every day you take energy from the sun, from plants, from animals, and from the earth itself. Without taking that energy, you would not survive. Just

as you take energy from the world, the world is also trying to take energy from you. Many things are constantly trying to take over your body. Bacteria live on your teeth and slowly destroy them if you do not clean them. Fungi can grow on your skin if you do not wash yourself. Invisible organisms surround you at all times, each trying to survive just as you are.

That is why hygiene exists. It is not simply a habit. It is a system of actions created to defend your body. When you brush your teeth, when you wash your body, when you care for yourself, you are protecting the energy that belongs to you. Life is a constant struggle to preserve what is yours. If you stop fighting for your body, the world will slowly take it from you. For this reason it is important to care for yourself and

to protect your body so it can remain strong and in good condition.

SYSTEM OF HYGIENE

Hand Hygiene

Daily faucet care (no filter):

1. **Turn on cold water fully and let it run for 2 minutes**
2. **Turn it off**
3. **Turn on hot water and run until it feels warm**
4. **Turn it off**

If using a filter:

- **Maintain and replace it as instructed**

- **Clean it daily**

How to wash hands

1. **Wet hands with clean running water (cool or lukewarm)**
2. **Apply 2 pumps of liquid soap**
3. **Lather and cover all surfaces (palms, back, fingers, nails, between fingers)**
4. **Scrub for 20 seconds (without adding more water)**
5. **Rinse thoroughly**
6. **Dry with a clean towel kept outside the bathroom**
7. **Apply a small amount of hand lotion**
8. **Spread evenly over all hand surfaces and rub until absorbed**

If you can’t wash

1. **Apply hand sanitizer (at least 60% alcohol)**
2. **Cover all hand surfaces**
3. **Rub for 20 seconds**
4. **Let hands air dry**
5. **Apply lotion if needed and rub until absorbed**

General:

- **Use disposable gloves if required; wash hands before and after use**
- **Wash hands frequently, especially after touching objects**

Nail Hygiene (Hands)

1. **Trim nails once a week**
2. **Soften nails with warm water**
3. **Use a clean nail clipper**
4. **Cut straight across, slightly above the fingertip**

5. **Round the corners gently using a file (file in one direction only)**
6. **Clean under nails with a brush**
7. **Wash hands again**

Foot Hygiene

Daily care (before bed)

1. **Fill a basin with warm water (not hot)**
2. **Add a small amount of liquid soap**
3. **(Optional) Add a few drops of essential oil**
4. **Soak feet for 10 minutes**
5. **Use a soft brush to scrub all areas (heels, soles, top, sides, between toes, nails)**
6. **Rinse with clean running water**
7. **Dry with a clean towel kept outside the bathroom**

8. **Apply a small amount of foot lotion (avoid between toes)**
9. **Let feet air dry**

Toenail Care

1. **Trim nails once a month**
2. **Use a clean nail clipper**
3. **Cut straight across, level with the toe**
4. **Smooth edges if needed (file in one direction)**
5. **Clean under nails gently**
6. **Wash feet**

Oral Hygiene

1. **Floss (water flosser or floss): clean between all teeth**
2. **Clean tongue (tongue scraper):**
    - **Stick out your tongue**

- **Place scraper at the back**
- **Pull forward to the tip**
- **Rinse and repeat 2–3 times**

3.Rinse mouth:

- **Use salt water**
- **Swish for 20–30 seconds**

4.Brush teeth (Modified Bass technique):

- **Hold brush at a 45° angle to the gumline**
- **Use small circular motions along the gumline**
- **Brush 2–3 teeth at a time**
- **Cover outer, inner, and chewing surfaces**
- **For front teeth, tilt brush vertically and use up-and-down strokes**
- **Brush for at least 2 minutes**

5.Routine:

- **Brush morning and before bed**

6. **Toothbrush care:**
    - **Replace every 3 months**
    - **Store in a dry place outside the bathroom**

Device & Surface Hygiene

Every night

1. **Clean dirty surfaces with soap or detergent first**
2. **Apply disinfectant or alcohol solution (≥70% for electronics)**
3. **Keep the surface wet for about 1 minute**

Clean:

- **Doorknobs and handles**
- **Light switches**
- **Phones and tablets**
- **Keyboards and mice**

- **Remotes**
- **Faucets and sinks**
- **Toilets**
- **Countertops**
- **Refrigerator handles**
- **TV screens and touch surfaces**
- **Keys and wallet**

Shaving

Pre-shave

- **Wash face with warm water**

Shaving

- **Use a clean electric shaver**
- **Shave in the direction of hair growth**
- **Use light, short strokes**

Aftercare

- **Rinse with cool water**
- **Apply aftershave**
- **Clean and store tools**

Frequency

- **Wait at least 72 hours between shaves**

Intimate Hygiene

Daily cleaning

1. **Wash with warm water and gentle soap**
2. **Clean external areas thoroughly**
3. **Dry completely with a clean towel**

Grooming

- **Trim pubic hair once a week using a dedicated trimmer**

Period Hygiene

- **Tampons: change every 4 hours**
- **Pads: change every 4 hours**
- **Menstrual cups: empty every 8 hours**
- **Use overnight protection when sleeping**

Eye Hygiene

1. **Use a clean wipe or solution**
2. **Close eyes**
3. **Gently wipe back and forth for ~15 seconds**
4. **Rinse with cool water**

Nasal Hygiene

1. **Use a neti pot with saline solution**
2. **Tilt head sideways over a sink**
3. **Insert spout into upper nostril**
4. **Pour slowly and let it drain out the other side**
5. **Breathe through your mouth**

6. **Blow nose gently afterward**
7. **Clean and dry the neti pot**

Peeing Hygiene

- **Dry the area after urinating**
- **Clean properly (front to back for women)**
- **For uncircumcised males: gently retract and clean, then return**

Pooping Hygiene

1. **Keep knees higher than hips if possible**
2. **Wipe from front to back**
3. **Continue until clean**
4. **Use water if available**
5. **Pat dry**

Face Hygiene

Morning

1. **Wash hands**
2. **Wet face with lukewarm water**
3. **Apply cleanser using gentle circular motions**
4. **Rinse thoroughly**
5. **Pat dry with a clean towel**
6. **Apply toner (light, even spray) and wait 1 minute**
7. **Apply serum (press into skin) and wait 1 minute**
8. **Apply eye cream gently using ring finger and wait 2 minutes**
9. **Apply moisturizer with SPF using upward, outward motions**

Night

1. **Repeat cleansing steps**
2. **Apply toner**

3. **Apply serum**
4. **Apply eye cream**
5. **Apply night cream**

Shower Routine

Daily

1. **Run cold water for 2 minutes, then hot until warm**
2. **Wet body with lukewarm water**
3. **Wash hair if needed**
4. **Turn water off**
5. **Apply soap with a sponge**
6. **Scrub each body part for ~20 seconds**
    - **Neck → shoulders → arms → chest → underarms**
    - **Abdomen → back → legs → feet**
    - **Groin last**

7. **Rinse with lukewarm water**
8. **Keep shower under 15 minutes**
9. **Moisturize after**

Weekly exfoliation

1. **Clean skin first**
2. **Dry skin**
3. **Apply exfoliating lotion evenly**
4. **Let absorb for ~10 minutes**
5. **Apply moisturizer**

Hair Hygiene

- **Massage scalp daily (5 minutes)**
- **Trim every 6 weeks**
- **Brush 3 times per week (start at tips, work upward)**

Wash hair (once a week)

1. **Wet hair**
2. **Apply shampoo to scalp and massage for 2 minutes**
3. **Rinse thoroughly**
4. **Apply conditioner to hair**
5. **Leave for ~5 minutes**
6. **Rinse**
7. **Detangle and air dry**

Footwear & Socks

- **Change socks daily**
- **Do not wear the same socks for extended periods**
- **Rotate shoes**
- **Wear breathable, comfortable shoes**

Clothing Hygiene

- **Change clothes daily**
- **Do not rewear unwashed clothes**
- **Wash with detergent at appropriate temperature**
- **Dry completely**
- **Clean washing machine monthly**

CHAPTER 28: SEXUAL PLEASURE, SEX IS HYPNOTIZING

Good, safe sex is the epitome of one part of human evolution designed so you can make offspring. Any person that does not want sex means that they do not want their species to continue existing, mostly due to their self view.

Hypnosis is getting yourself fully okay with another person entering the most vulnerable state of your mind. Sex is no different. The more vulnerable and the weaker you seem, the better experience you will have because it gives you a sense of security and reassurance in the person you are having sex with.

That is the same reason sex should be done in the safest way possible. If you get harmed with sex, you get harmed worse than if someone had physically tortured you, for your mind went into a hypnotic state and in it destroyed your sense of security.

Make sure to only have sex as a Follanite with the people you love and trust because you do

not wish for those who might be selfish to hypnotize you in ways that only serve them.

SYSTEM OF SEXUAL PLEASURE

Do not watch pornography that deals with fantasy, for it will turn into a way of coping with things unrelated to what sex should be like or about, like power. That will lead to the destruction of your zeel to cope the right way, so it is a sin.

I have written a system of actually pleasuring both men and women but decided not to make this book graphic, even if educational, due to governments not being okay with teenagers understanding sex, so I recommend that you

watch or read not fantasy porn but educational forms of it in such a way that you can use it.

When you masturbate, do it in the same way to yourself as you would when you have sex with someone else.

Across the information I can provide that is still the essence of meeting your zeel for sexual pleasure, this is the system of meeting it regardless of whether with yourself or with others, including setting clear boundaries with yourself:

Before beginning sex or masturbation, discuss your strict boundaries of sex, your safe words, and everything.

Before beginning sex or masturbation, discuss your preferences, what you like, the timing, pressure, positions, fantasies, etc.

Good relationship sex is about the buildup of arousal little by little, so it is important to do small arousal things like kisses on the neck from time to time, making out, and more accessible ways of building up arousal before jumping into orgasmic sex, and even during sex, building up the desire for direct orgasm sex by touching other arousing spots in the body leads to better sex. Switch up the spots and positions often to make it more exciting.

The amount does not matter as much as the quality, and once or a few times a month having

non-orgasm-focused sex leads to better sex long term, where the goal is to not focus on orgasm at all.

Exploring new consensual practices can enhance arousal and interest. This might include role play, toys, or different forms of touch, as long as both partners are comfortable, so from time to time play with each other's fantasies.

Because it is very different each time, it is very important that during sex you give feedback on what you like and are given feedback so you can adjust.

Sex puts many people in a sense of a trance similar to when you pray or fall asleep, so it is a

very vulnerable time, so after it, cuddling and just being next to one another is important.

After you are done, have a sex journal where you write down what you enjoyed, what aroused you, and your emotional state during sex.

CHAPTER 29: HELPING PEOPLE

People can organize themselves into systems of their own. When a group shares a goal, they themselves become the system that works to achieve it. This is why helping one another is a Zeel, because it makes us far more capable than we would be alone. I have always been very good at math. In school I could solve problems even if I had not studied the topic beforehand.

One of my classmates was the complete opposite. He struggled even with basic division. One day during a test he became overwhelmed and started crying. He told me his father would beat him if he failed. Seeing this, and knowing he would likely fail, I copied my answers onto a small note in my backpack and passed it to him. The smile on his face made my entire week. He passed the math test. But on the next test we did the same thing. Then again on the one after that. This continued for two years. Eventually he told me that he did not need to learn math because he could always pass with my help. If I chose not to help him, his entire grade would collapse. The direction of his life depended on my kindness. Did he never consider that one day

I might not be so kind? He never caught up in school. Imagine what might have changed if I had taught him to understand math at its core instead of simply giving him the answers. He could have risen to my level rather than depending on me. Helping people from time to time is natural. But as Follanites you must understand that it is a sin to jump into the water and save a drowning child with your own hands. Instead you should throw a life preserver and let the child fight to reach it. You should help others regularly, whether through donations or through direct action, because helping others is a Zeel. But you must be careful not to create dependency so remember that people should not be saved, they should save

themselves. Help by building schools, wells, and lasting projects. When you help a person, help them gain power rather than giving your power to them. I have learned that it is necessary to help someone at least once each week to meet your Zeel.

SYSTEM OF HELPING

One must think about someone else for 5 minutes per day until his ego is no longer self centered
Helping people should not be doing charity or volunteering, it should be about preventing things from happening that could damage someone from achieving their zeel.
Prevention is the key to helping others

Activism is getting other people to know about this prevention and implementing it in the places and in the government
All 3 steps should be made to help someone

CHAPTER 30: LEGACY, THE FUTURE IS IN THE HANDS OF THOSE WHO MAKE IT

Look at the buildings, the cars, the roads, the parks. The book you are reading, the words, the medium you are using. All those things came so you could use them, but how many bad things happened too? How many ethnicities were lost to genocide, species gone extinct, nature turned to rubble, profits built on the history of oppression?

What side of history will you be on? The one who does nothing? You cannot say you have no choice, there is always a choice. If you do not choose to make a legacy, to leave something good for the future, then who will have the future of your family? Of your people? Of what you lived for?

You have the power. Do not escape yourself in ignorance, believing there is nothing you can do. There is always something you can do. Choose to do good and hold the future in the hands of people like yourself. The future will come, whether you played a part in what it became is your choice to make. Choose it well.

SYSTEM OF LEGACY

To make a legacy means that you have made a move that has helped and moved humanity in such a way that it added or changed things.

Legacy is simply causality extended across time, and leaving it means you starting it.

Leave at least one of each of these legacies in your adult life (ideally between 20 and 40 years old so you can focus on other zeels):

Material legacy such as wealth, gold, land, and other things you own that can be redistributed, repurposed, reused, or even built into a material thing.

Passing down your teaching, which basically means having children and raising them correctly.

Cultural legacy by invention of a new dance or things to do with culture and public behavior and how others behave differently because you existed.

Ideological legacy like concepts, frameworks, inventions, new scientific discoveries, etc.

Government legacy like laws, technologies, institutions, education, and basically things that make the government change for the better.

It is important to not just create things that leave a legacy but to go out there and get them

published or signed and realized in society and in the country you are leaving the legacy in, rather than just thinking you have done it. Many people leave their life work on the desk that gets thrown out once you die.

CHAPTER 31: CONFLICT RESOLUTION, THERE IS ALWAYS A THIRD OPTION

The world is not good or bad, right or wrong, north or south. There is a lot more in between. It would be easier if this was the case, but those who think in terms of everything being black and white lose their minds, for those things that

require nuance constantly change between them.

Arguments that believe themselves to be correct will never be proven as such. There is no need to learn something you already /know/ to be true. That is why fools are made into heroes while the know-it-alls end up burning up.

The truth is, for everything that happens, there is an infinite number of words you can use and an infinite number of possibilities you can get to. If you think like this, you will always find a solution.

Do not look for the fool in the argument, look for the winner, make sure it is all of you. If you can’t, get another solution that can.

SYSTEM OF RESOLVING CONFLICT

Everyone changes. There was a time where you were not in conflict and now you are in one, and there will be a time where you are not in conflict again with time flowing.

Do not take conflict of any kind in relationships non seriously and discuss how you will act during conflict once you are in a relationship with someone so you both agree to do it that way when it happens.

Once a conflict happens, it is important to focus on 1 issue per discussion and one person's problem then the other person's problem in the relationship rather than adding old issues or trying to debate and "win".

Take 10 minutes to first cool down from each other.

Grab a pen and paper and write down a script on paper in a way that notes down your thoughts and feelings (more so feelings) about this conflict, ensuring that you don’t mention the person you are in conflict with in any way, but rather doing so in I statements like “I feel bad when the person I love doesn’t respond to me” and ask yourself what are the underlying zeels and things that motivate you to have this conflict and write that down too. Let the person you are in a relationship with do the same.

Read your written opinions either out loud to one another and, if you are conflict avoidant, by reading what this other person has written.

Admit the fault you have made in this conflict based on your partner’s letter and let them do the same back.

Now ask questions to each other by trying to re tell the sides you are not on, as in what you didn’t write, to see if you have understood the point (do not use this for blaming or immature games because if you do, the conflict won’t be resolved, but be genuine) until both sides say yes I understood.

After understanding one another, brainstorm ideas and have an exchange of proposals that are attempts at crafting win-win solutions towards both of you and do this together to negotiate and find the solution to the conflict you’re both having.

CHAPTER 32: POWER, ENVIRONMENTS SHAPE ENVIRONMENTS AND YOU ARE ONE

Environments shape you, but you must not forget that you are the environment. Power comes from the ability to control the environment you are in. But control only gives you so much power, because why do you need to go towards an environment you can control? What happens when you can’t? Do you become powerless?

Once a person learns to be powerless because of their environment, they get used to that feeling of letting others dictate their lives. They get used to shifting blame away from themselves. They have found comfort in letting others do things, because initiating anything means that if anything goes bad, it is them who is bad. They live their entire life as shadows, never getting to feel the touch of the sun, never feeling that life.

They get used to letting go of responsibilities so that when anything happens, guilt does not fall on them. They were too weak to be guilty. Unaware that weakness is the highest form of guilt a person should possess. You might attempt to escape the guilt of consequences, but the consequences will happen either way. Learn to shape yourself in a way that lets you shape the environment.

SYSTEM OF FEELING POWER

Cope with negative self-talk that makes you feel weak.

Recall the times where you felt powerful whenever the idea of not having power pops in your head and understand now is no different.

Teach yourself cognitive skills such as reasoning,

memory, problem solving, etc.

Practice challenging skills.

Challenge yourself towards something that will require mastery of your skill to accomplish and do it until you accomplish it.

Practice manipulation of the environment by doing things like wilderness expeditions, games that require manipulation like Mafia, until you are aware that with practice you can control the world around you more than the world around you controls you.

Watch people you feel are powerful or very capable of doing things as inspiration, that if they can do it, so can you.

Have supportive friends or a community who celebrate your accomplishments and give feedback when you need it.

Monitor your own success over time on everything you are doing, from meeting more zeels to getting better at skills.

CHAPTER 33: PRAYING, FOLLANISM AND THE DAWN OF THE FOLLANITES EMERGES

I have finally found my purpose. Everything I ever needed was now in my hands. I decided to go back to where it all started, to recreate my old death with the arrival of my new life. My life was about to start.

I went to that beach I thought so much about, and I dived as if to reach the bottom of the

universe. After a while, it felt complete. It was here. It was now. I then went to see the world through my new eyes. It looked much brighter than I had ever seen it before. I went to walk alone because that is what I am used to, but it felt weird this time, as if I no longer wanted isolation.

As I was walking, I entered this place that led to a secret beach I found on the internet. There was a woman there. She stopped me as I was walking. It was her. Emilia.

“Hey kid, the future is not over yet. I saw you try to end your life by drowning. There is hope, so much of it in this world. You just

have to look for it to find it. I’m assuming your religion did not help you enough to save you? You should join mine.”

“Uhhmm… I wasn’t trying to die, but thank you for your concern. I’m just here walking. Actually, I have my own religion, so I am not interested in your Jesus, sorry…”

Here we were, two people who knew nothing of each other, who lived different lives, who believed different things, resulting in us meeting. Us, who have independently come to the same conclusion of God and purpose.

“It’s not Jesus! It’s basically an interesting, completely new idea! You should check it out.”

“Okay, but only if you check out my religion. I have been debating with others about it online. I deleted my accounts now because I made up my mind I am correct, so I will debate you.”

We went and started talking more and more, and we learned that we had the same religion born from different paths. We called it Follanism. Emilia did not discover Follanism from logic as I did. She discovered Follanism from her act of accidental prayer.

“The way I learned to pray, the more I stayed there, the more the truth was shown to me. At first, I just focused on my problems, but as I continued to pray, I ended up coming to see the world for what it is. God as the baseline, just like you did, and the purpose of our lives as meeting all of our needs, or as you would call it, accomplishing all of our zeels. Let me teach you.”

I prayed in the same way as below, but guided by her, I could stay in that state of mind for an entire hour that I was supposed to be walking. As I stayed there, all my worries passed away. I was now in the first

state of enlightenment. This was everything we both ever wanted. We got our wish.

This was it. Her idea was mine. My idea was hers. It did not come from invention as art does; it came from discovery, like some weird, twisted science. We discovered our religion independently, and we were the confirmation we needed that it was correct.

As I only knew about my religion as much as I could reason with, we decided she should take the lead. She told me there was a way to speedrun becoming the messiah. She said I needed to lose everything instead of gaining it, which was the opposite of what the

religion teaches, but she was finally here, someone I could share my beliefs with. Someone who I could trust as much as I trust myself.

I told her about everything I had. We talked, and I would come back to the beach often to talk with her again and again. It was special. I was special. I felt that way. We discussed our stories, our lives, and how we ended up here. What zeels to accomplish and what to call our religion. Everything. She was like my mentor. She would teach me things about my mind I did not even know from learning psychology.

That calm that I felt when I was dying when I was six, I had it again. I felt it when I spent time with her. She and I were supposed to be the Dawn and the Dusk of all the Follanites. Things rarely go the way they are supposed to.

Eventually, she convinced me to try and become the messiah by speedrunning the way to it. Everything I had correct, I needed to destroy. Physically, I was strong, so I needed to lick high-virus places and not care about my hygiene. I listened to her. I did not brush my teeth, and one of my teeth fell out. I got sick so often.

Mentally, I was resilient. I had to give myself a porn addiction and become emotionally numb. That is what happened. I spent days watching pornographic hardcore content and days trying to numb myself with other drug-like activities.

Socially, I was already anxious, but I still had my best friend. I needed to say goodbye to him. I left the only person who was ever by my side. Now I had no one but her.

Economically, I had started a new high school, and it was going well, but that too needed to end. I could not pursue life.

We would talk in between these moments of me ruining all the zeels I had accomplished. I ended up falling in love with Emilia, even though she was way older than me. As these things were happening, there was hope. I knew I could become the messiah. That was the motivation I believed in. The person who I shared my beliefs with, the person I loved, told me it would also be the case. It made no sense at the beginning, but I prayed and trusted her calling to the subconscious mind.

Eventually, I did it all. I came to her and asked:

“Now I have nothing. Everything in my life is ruined. All parts of my life. What else do I need to lose to become the messiah?”

“I have to leave soon,” she said to me, ignoring what I asked.

“I could somehow survive these past few months due to the tourism season, but I think the immigration officers will find me soon.”

“Wait, so you’re leaving? Where will you go?”

“You won’t ever find me again. This will be the last time you hear of me.”

“But you trained me, gave my life purpose, made me do all these things, and now you are just going to leave…”

“Time waits for no one. I have to go. It’s not safe for me here.”

“What about turning me into the messiah? Should I become one myself somehow!?”

“Promise me, even if you don’t become the messiah, you will make Follanism happen! I might not be alive for long, please! Promise me this!”

“Are you ill? Why are you being weird?”

“Yes, I discovered I had cancer when I left Kazakhstan. I want to go back now, die somewhere on my back. That’s why I needed someone like you who could prove my beliefs correct.”

My heart started beating faster, and my brain started spinning the world as if to see how the planet spins. This could not have happened to me. Not again.

“Promise me,” she said in the saddest voice I’ve ever heard.

“I promise. I will make this world know about Follanism. I will be the Dawn of the Follanites. I will prove our religion. I promise.”

“Good.”

Now it was time for my world to shift for the last time.

“About me and what I said about the messiah…”

“I lied.”

“I knew I was going to die when I left Kazakhstan. The only way I could see anyone prove Follanism is by them turning their entire life around, so that once they are at zero, if they just follow it because it is their true purpose, they will live a good life. That is why I got you to do those things. Someone

who saw my religion through reasoning himself was perfect for the job. I got you to ruin yourself so that once you make everything better with Follanism, everyone will follow.”

I was shocked. I stood there frozen, my eyes open as if I had seen a ghost. Everything I hurt myself for was for nothing. I ruined myself, I ruined my life, and there was nothing to gain from my ruins. She kept talking.

“You have no choice.”

“No… you… everything I did was a ploy for you?”

“I hope you do die. I hope cancer kills you on your way back.”

“Please, keep your promise. Not for me, but for our religion.”

“For my religion, I will. Goodbye, Emilia.”

I never discovered who Emilia was, her real name, or if she was dead or alive. I never saw her after that day. That is how Follanism was born. The name I go by is Amadioh. I am the Dawn of the Follanites. I am the first one, but I will not be the last. I was inspired to write my book to give people an idea of what Follanism is, rather than write a book trying to convince you that it is real.

Since this is the first book, I will not overdo myself. I have written this entire book to also tell the story of how Follanism came to be. I know it is not as good as others, but unlike other religions, Follanism is a religion that will evolve throughout time.

I should also note that this entire book was written by me in less than two weeks. I needed to get my religion out there as fast as possible due to the need to spread my beliefs. I promise that the second final word will be much better than this one.

This book is rather a practical one, and even if you don’t believe in my religion, feel free to use all the practical tips in this book for your life. It consists of two paragraphs, one in which I tell those who

follow Follanism how to view these zeels they should accomplish, and the other practical one which tells everyone alive how they can meet their needs.

Good luck on your journey of reading the first final word.

SYSTEM OF PRAYING

Do not do this if you have an illness (mental or physical).
Pray at dawn or dusk, and pray to the side of the sun so that the sun is facing you.

Before beginning to pray, know what you are most desperate to have right now, something you would

do anything to get (not what you think you are, but what you feel you are).

Have a lightbulb, a flash, or a candle that is right in front of you but a meter or more above your eye level.

Before praying, stretch out your body and get into a position that gives you full comfort.

Put on fast-tempo instrumental music (ideally 240 beats per minute).

Meditate by taking 5 deep, slow, relaxing breaths first.

Make it so that the thing emitting light is in a place where, if you want to look at it, you have to look up as far as your eyes can go.

Put one of your arms touching your forehead between your eyes and make it push your forehead slightly up.

Look at the light, and as you are looking at it at the focus of your sight, start using your peripheral vision so you see everything like a picture with the light as its middle, but you are aware of everything around it.

Keep staring and begin breathing in such a way that your shoulders rise back and forth, and as you are breathing, imagine yourself inhaling when you exhale and exhaling when you inhale.

Eventually, when your eyes are tired, close them and let your head drop.

Do this until your brain is completely fuzzy and you are disoriented, and once you are fully lost, you can feed your ego by asking God to give you what you are most desperate to have in your life (if it is nothing, ask for ego death) until you feel you cannot beg any more than you already have.

Slowly and very slowly start moving your body and reconcentrate your mind back.

CHAPTER 34: FASTING, TOO MUCH PLEASURE SEEMS SMALL WHEN THERE IS TOO LITTLE PAIN

If you live your life always chasing what gives you pleasure and ease, what will happen to you when

life does not give you what you are used to? You will crash the car you are driving, which you call life. Once you are used to pleasure, you set a new baseline in your brain. Now anything that is below this baseline of pleasure, you no longer want to do, no matter how necessary it is. You don’t want to do it because doing so will go below the baseline of your comfort. You spent your entire life being comfortable, why would you change it now for something that would improve your life? It makes no sense since your life is good enough with the comfort it already has. But if you don’t transform, you have no purpose. You must keep your baseline at a low level such that nothing that must be done is so unpleasurable that you refuse to do it. That is why Follanites follow the system of fasting written below.

SYSTEM OF FASTING

Do not fast until your growth plates have fused together, or else it will be bad for you.
If there is persistent dizziness, confusion, heart palpitations, or fainting, then stop immediately.
Do not fast if you have an illness, are pregnant, and such things until you consult with a doctor to see if it's ok for you to do so.
However, if you are a healthy adult, fasting is good for you because it regrows your cells and eats the bad ones away.

To prepare for a 72 hour fast, the day before eat food not high in carbohydrates and not anything unhealthy like with sugar in it.

Begin in the evening 5 hours before you usually go to bed.

Once the 72 hour fasting starts:

Do not exert your body, even in training during this. Do not train.
Drink 3 to 4 liters per day and whenever you are hungry drink water.
Take 2 to 3 grams of sodium by putting salt in the water.
Small amounts of magnesium and potassium (taken in pure form, not with calorie foods or carbohydrate foods). It is ok to miss this step but it will make it a bit more draining.

The first meal after fasting should be very small, just an apple or something, and slowly build up to

normalcy by eating something more 2 hours later, and so on until the next 2 days you are back to how you were before.

CHAPTER 35: MAKING SCHEMES, WITHOUT PLANS, YOUR GOALS ARE JUST YOUR FANTASIES

I have made ideas in my head for so long. I would get an idea to do it, I would even tell myself that I would do it. Years would pass, my hair going with the seasons. The idea was still there, still me wanting to do it. But it never got done. I said I would do it to others, I fantasized about doing it, but the truth is I had no structure. Ideas are just ideas. Without direction they are powerless. Just a

fly on the wall you can kill if you move your hands fast enough. But an idea with a clear direction can never be killed, for it always has a path to go and do. Make sure that your ideas have paths they go to.

SYSTEM OF MAKING SCHEMES/STRATEGY

Have a clear, observable goal that the scheme is trying to achieve.
Brainstorm a huge list of ideas that can get you to the goal you are trying to achieve, if people use the Delphi model if there is more than 1 person in the scheme. Participants respond to a series of questionnaires anonymously, and after each round, a facilitator provides a summary of the group's responses. Participants then revise their answers in light of the aggregate feedback. This cycle

repeats until convergence is achieved or diminishing returns appear.

Find the brainstorming ideas that can be used from the brainstorming ideas that is least to be affected by things outside of the plan such as political, legal and other such things changing.

Identify the strengths, the weaknesses, the opportunities and the threats of the idea.

Based on that, brainstorm ideas on how to change the plan so it increases its strengths and opportunities and decreases its weaknesses and threats until you find your favorite idea (use the Delphi model again).

Write down 2 plans.

From your scheme, work backwards to create a step by step idea and from your brainstorming to get your goal, and for each step write down 2 most

likely things that could happen to push it away from the next step and then figure out how to respond to those likely things from happening such that once you do, you will be able to go to the next step.

Rewrite the scheme five times such that all the weaknesses of the scheme are covered and things you could have added on to strengthen it for happening.

CHAPTER 36: GETTING YOURSELF TO USE THE KNOWLEDGE

Many people will read this book, absorb its information, and believe themselves to be better. The one who cannot read and the one

who can read but chooses not to are the same. Oftentimes, people gather information, read a book, and then feel a sense of accomplishment, as if their planning and ideas are the same as actually achieving what they need to get done. Do not let your mind fool you. Any information you have that you don’t use is useless. Use it.

SYSTEM OF GETTING ONESELF TO USE THE INFORMATION THEY HAVE

Have specific, executable steps so you can clearly apply the knowledge you have (like the systems outlined in this book).
Build or move into an environment that compels you to take these steps.
Put down a deposit with someone you trust, or

set up an automatic system where a sum of money is held for a month until you achieve your goal. If you fail, they keep the money; if you succeed, you get it back.

Ideally, this same person should also help motivate you to follow through.

The night before, plan for the next day using if–then statements: “If it is morning or nine o’clock, then do this,” or “If I see this person, ask them this.”

Measure your success each day and give yourself feedback on how to improve.

Reward yourself with something small by allowing yourself to do something pleasurable once the day is completed, and withhold it if you fail.

Reward yourself with something larger by allowing yourself to do something very pleasurable after two weeks of success, and withhold it if you fail.

CHAPTER 37: COOKING

Cooking is an art form. It is all about execution. Finding the best way to prepare food for your taste is how you come to enjoy cooking.

SYSTEM OF COOKING

General guideline for flavor balance:
For every 1 kg of food, add 10–15 grams of salt, 5–10 grams of acid, 5–10 grams of sugar, and 2 grams of pure umami.

How to cook food:

Identify which elements your ingredients already contain—fat, salt, acid, sugar, and umami—then adjust how much you add based on the guideline above.

Add fat to the pan before cooking.

Season your food with 1–1.5% salt.

Begin cooking.

Early in the cooking process, add about 0.2% umami.

After some time, add 0.5–1% sugar while the food is still cooking.

Continue cooking (frying, baking, freezing, etc.) for the recommended time, until the food reaches the proper internal temperature.

Once the food is fully cooked, add 0.5–1% acid to finish.

CHAPTER 38: CLEANING

Perspective should be the same as it is for hygiene.

SYSTEM OF CLEANING

Cleaning should be organized within specific time periods and done in a way that prevents a space from becoming disorganized or dirty, which could lead to illness.

There are tasks that should be done daily, weekly, every two weeks, monthly, and a few times a year. This depends on buildup. For example, one person may need to do laundry once a week, while another may need to do it three times a week.

It is important to follow proper instructions, such as those from a washing machine or an instruction manual, so that everything is cleaned correctly.

Almost everything in a space falls into a few groups.

Surfaces, such as tables, counters, desks, and shelves.

Items you use, such as dishes, clothes, tools, and objects.

Floors, meaning anything you walk on.

Waste, such as trash and food scraps.

Air and smell, including ventilation, odors, and freshness.

Hidden buildup, such as dust, grime, and things you do not immediately see.

Things to do every day.

Allow fresh air to flow through the house.

Clean your room by making your bed and organizing areas like your closet if needed.

Return items to their proper places in the house, including objects, decorations, remotes, and furniture if they have been moved.

Put your clothes in the laundry after showering.

Wash dishes and load the dishwasher, and clean all food and drink related items after use.

Throw away trash.

Disinfect high touch areas such as doorknobs, electronics, and light switches.

Declutter and arrange items such as shoes in their proper order.

If you have pets, clean areas with hair using a vacuum.

Things to do weekly or every two weeks.

Do the laundry.

Vacuum the house.

Wash bedding such as pillowcases and sheets.

Mop the floors.

Dust less noticeable areas such as shelves and baseboards.

Wipe cabinet fronts and do a deeper kitchen reset.

Check and clean the refrigerator and other machines such as the washing machine and dishwasher by removing expired items and following cleaning instructions.

Take out the trash, wash the trash bin, and disinfect it.

Replace all towels.

Remove spider webs from walls.

Do a deep cleaning of the bathroom and kitchen, as these areas build up dirt quickly. Follow general

cleaning order, starting from top areas and moving downward, and use appropriate products for your environment.

Iron wrinkled clothes.

Restock essential items and store them properly.

Declutter items you no longer need.

Clean appliances such as the inside of the microwave, toaster, or refrigerator.

Clean windows and mirrors.

Organize your closet if it is unkept.

Wipe walls and doors if they are visibly dirty.

Things to do monthly or every two months.

Dust hard to reach areas such as ceiling fans, vents, baseboards, corners, and light fixtures.

Clean windows and window sills, inside and outside if accessible.

Wipe walls and doors to remove fingerprints, smudges, or stains.

Clean the inside of appliances such as the refrigerator, oven, microwave, dishwasher, and washing machine.

Clean under furniture by vacuuming or sweeping under beds, sofas, and cabinets.

Clean curtains or blinds by dusting or washing them.

Perform deep floor care such as mopping, shampooing, or treating stains.

Clean and organize areas such as the garage, basement, or attic, and check for dust or pests.

Maintain outdoor spaces such as patios, decks, and garden areas by sweeping or washing them.

Deep clean your car by following a proper guide.

Deep clean pet areas such as their bedding if you

have pets.

Maintain your garden by cutting grass and cleaning outdoor areas.

Things to do yearly or a few times a year.

Deep clean the mattress.

Clean behind and under major appliances such as the refrigerator, stove, and washer or dryer.

Inspect for pests such as ants, termites, or rodents.

Check safety equipment such as fire extinguishers for expiration and proper function.

Clean gutters and the roof.

Clean the exterior of the house.

Clean walls and ceilings thoroughly.

Clean air filters, smoke detectors, and ventilation systems if present.

Maintain outdoor fixtures such as mailboxes, fences, and porch lights.

Clean the chimney or fireplace if applicable.

Maintain exterior paint or siding by cleaning and repainting as needed.

Treat furniture with polish or conditioning, including wood and leather care.

Clean driveways and walkways.

CHAPTER 39: STUDYING

Ignorance is a sin. Not knowing things correctly puts both yourself and others in a position where you can damage your zeels. I know of many people who give their cats milk, even though cats are lactose intolerant. Because of their ignorance, they harm the bodies of the animals they are trying to

care for. Ignorance turns good intentions into harmful results. Do not act in areas where you are uneducated. Let those who are knowledgeable help you. However, others can only help to a certain extent. Every person should seek as much knowledge as possible, and the only way to do that is to study, no matter how late it is to begin. As a follanite, it is your duty to reach the highest level of education you can attain.

SYSTEM OF STUDYING

If you are studying in classes, pay attention to everything the teacher says.

Study each subject for 30 minutes each day to build mastery.

Using a system of learning and memorization, focus first on the twenty percent of information that is most useful, achieve mastery of it, and then learn the rest.

Test yourself each week on everything you are studying.

Even if you are an adult, spend 30 minutes each day studying.

CHAPTER 40: PERSONAL FINANCE

From now on forward, most of the zeels are connected to old zeels in such a way that the perspective is the same therefore only the systems will be posted.

SYSTEM OF PERSONAL FINANCE

Having one stable source of income is very good. However, to be financially secure, it is ideal to have multiple sources of income, such as one stable job and others like those listed below.

Learn skills such as marketing and business to increase your income across all your sources by mastering them.

It is important to avoid debt and live below your means. Even if you earn more money, live as if you have less. Your stable job gives you the foundation to build other income sources, so it

is important to start there and continue until you reach a point where you rely on it less.

Do not focus too heavily on these additional sources at the beginning. Spend only enough time to generate some income. Over time, some may grow and eventually surpass your job, allowing you to focus on them more. Treat side sources as experiments at first, just enough to generate income. As one or two begin to show real growth potential, allocate more time and resources to them.

What your income sources should ideally include.

Working a job.

Providing a service that people subscribe to

regularly, such as a gym, a sports club you lead, a streaming service, or a music studio.

Selling a product that you create once, such as a book, music, art, patents, or licenses.

Competing in sports for money through tournaments or advancing in leagues.

Investing in startup companies, especially those that are easy to scale, such as software companies or innovative solutions to common problems.

Starting your own business that provides value or solves problems for others, and growing it over time.

Buying property such as land or houses that can be sold later.

How to allocate your monthly income.

Avoid debt and save money before making large purchases.

First, build an emergency fund that covers three months of expenses.

After building your emergency fund, follow this structure.

Spend about forty five percent of your income on essential expenses such as food, rent, and bills.

Spend ten percent on investments in startup companies.

Spend ten percent on your subscription based service.

Spend ten percent on your own business.

Spend fifteen percent on durable and useful

purchases, or save it if needed.

Spend eight percent on new income opportunities, outsourcing, or learning skills.

Spend two percent on charity.

At the end of each month, calculate where your money went, evaluate your performance, and identify how you can improve based on your results.

CHAPTER 41: BUDGETING

SYSTEM OF BUDGETING

For personal finance, you should live below your means, and about forty five percent of your monthly income should go toward your needs. This

requires clearly understanding what is necessary and cutting down anything else.

If you cannot stay within forty five percent because of rent, consider living with your parents until your other ventures become more valuable or you find a higher paying job. If you spend too much on food, find ways to meet your nutritional needs with cheaper options. If transportation costs are high, use public transport more often or reduce how much you drive. For anything that pushes your spending above forty five percent, find a way to reduce or adjust it so that by the next month you can stay within that limit.

If it is not possible to stay within forty five percent under any circumstances, keep it at fifty five percent and avoid spending the fifteen percent

that would normally go toward new skills or charity.

To budget properly, you need to be very specific about what you are buying. Do not label something broadly as food. Instead, create a detailed list of the exact items you will purchase. Identify where all your money is going and write it down as precisely as possible, including specific bills, hygiene products, and transportation costs.

Then create categories such as mortgage, rent, and insurance, utilities including electricity, gas, and water, groceries, transportation, and health care costs including insurance. Be as specific as possible within each category.

List these categories by importance and cover the most important expenses first as soon as you receive your income.

Use a system where you allocate a fixed amount of money to each category and separate it clearly so that once the amount is used, you cannot spend more in that category.

Track every expense, even small ones, by writing down where the money goes. You can use a budgeting application or a written format, as long as it is easy to maintain.

At the end of each month, review your spending, note where you made mistakes, and identify how you can improve.

CHAPTER 42: GETTING A JOB

SYSTEM OF GETTING A JOB

Most people who get jobs get them through networking, meaning knowing workers who have positions open in their company and getting them into your job.

Without networking, finding jobs is more difficult. It is important to understand that the more wealthy people you know, the better your economic outcome in life.

After understanding this, follow the networking system written a few chapters after this one, and expand your contacts so it is easier to have someone get you a job.

If possible, it is better to call or meet in person rather than communicate through text or email when speaking with recruiters.

Learn to search for jobs in your country by using websites or asking around, tailored to your country.

Search for people who have recently begun looking for new workers rather than those who have been looking for a long time, because they are more likely to respond. The same applies to new companies that are starting; look for them as well.

Just because you get an interview does not mean you will be hired. That is why you need to tailor your resume to the job. Your resume should show that you have the traits required for the position.

Identify key skills and keywords, list achievements that match those skills, and use specific examples and metrics. Before sending it, have a friend or mentor review your tailored resume. For each job you apply to, write a new resume.

After that, do mock interviews where you practice using the charisma system in order to improve your chances of getting a job. Prepare for all possible questions by writing them down so you can answer them well.

Repeat this process for each job you apply to until you get hired.

CHAPTER 43: MOVING OUT

SYSTEM OF MOVING OUT OF YOUR CARE TAKERS PLACE

Don’t let your parents know you are moving until you have written down your plan and you know exactly how you are going to do it.

Have enough money so that rent or mortgage is not more than 30 percent of your income.

Make a list of needs and wants you would care about having in the apartment.
Get all the documents you need and know all the documents you will need to obtain.

Have a soft plan for moving out twelve months in the future based on your income and the cost of living you will have once you move out.

Have enough money saved up so that rent for the first three months can be covered easily.

If you can, live below your means, so find rent that is cheap.

Have enough money to cover all moving expenses such as furniture, cups, and other essentials.

Once you have this, you will be ready to move out.

Figure out where you want to live alone, meaning the location and town, based on your job and other factors, and whether you would be comfortable there.

Tour a few apartments before deciding which one you want, and do not commit before visiting them.

Set up utilities once you have moved, and then you are ready.

Tell your parents and arrange movers if you can, and then you are moved out.

Take items from your old house that will be useful for you.

Once you move out, follow the budgeting system and the personal finance system.

CHAPTER 44: LIVING ALONE

SYSTEM OF LIVING ALONE

When you are alone, it is more difficult to understand what to do, but each day you should

follow these systems: hygiene system, cooking system, cleaning system, and other health and independence systems. Ideally, you should spend more time outside of the place you are living alone in than inside of it, not counting sleeping time.

Now that you live alone, it is important to understand that you will need to meet your social needs more directly than before. Spend three hours each day with people in your sports club, with friends, or with a romantic partner, and spend an additional hour on networking and meeting new people now that you have moved.

The way you follow systems will change slightly now that you live by yourself, so it is

recommended that you rewrite your to do list each week to figure out what works best in this new environment.

CHAPTER 45: BUILDING WEALTH

SYSTEM OF BUILDING WEALTH

Following the personal finance system will result in building wealth, but it is divided between businesses, investments, and sources of quick income such as a job and competition.

Networking is essential when it comes to building wealth. Without it, it is unlikely that you will build wealth.

Wealth is about expansion, in the sense that the less you do, the more you eventually get. Focus on expansion and on actions that can lead to it rather than avoidance. This means that true wealth is long term and takes many years.

To decide what businesses to create, look for products that solve problems people are willing to pay for. The solutions must be scalable so they can grow into wealth rather than remain stagnant. Do not start a single bakery, but instead consider a franchise of bakeries.

Start a private business with another person or a team so that you have a diverse skill set among the owners.

Using the system of making schemes in this book, find a business idea together that has very few competitors in the market and solves a common problem people want to address.

The owners of the business, including yourself, must be highly skilled in areas such as education, management, marketing, and prior business experience, or at least understand how these areas function. Gather as many of these skills as possible, either by learning from professionals or by following the system of learning skills independently.

Before starting a business, if it cannot be started with low capital and expanded, ensure you have enough money to cover all startup costs and potential early losses.

Have access to external financing beyond your personal funds that can be used for the business if needed, such as borrowing from people you know or taking bank loans, so that you can take small risks while maintaining resilience.

While the business is operating, ensure strong management practices such as monitoring market responses, planning, and advertising. These are necessary for a business to remain functional.

To expand a business in its early growth stage, outsource tasks so you are not responsible for everything, such as hiring a teacher to run a jiu-jitsu club that people pay to attend.

To expand further, increase access and reach, such as opening locations in multiple areas.

Feedback and analysis of the business are essential. Regularly evaluate performance and identify what can be improved as the owner to make the business perform better than before.

That is the ideal structure for building businesses that create wealth.

Do not skip investments. Invest each month at a consistent time and percentage rather than trying to time the market.

When investing, do not invest with the intention of selling quickly. Focus on long term holdings.

Gain investing knowledge or seek professional advice so that your investments grow over time.

Invest only in things you understand, meaning you clearly understand how they make money, how long you need to hold them, and what level of volatility you can handle.

Diversify your investment portfolio.

Invest in equities that have historically increased in value, such as Apple.

Invest in broad market index funds.

Invest in startups, but only those structured in the way described earlier, with skilled owners, financial backing, and clear problems to solve without heavy competition.

Have a clear allocation based on your risk tolerance for how much you invest in each category.

That is the ideal structure for investments that build wealth.

Owning assets that can be passed down or that increase in value on their own, such as land, gold, or houses, is the third key to building wealth.

Buy assets of this type when you have the ability to afford them.

Save money if there are no suitable opportunities that match this system until you can acquire larger assets.

Ideally, the first major asset to acquire is a house and land.

After that, consider buying other businesses, either under your control or simply as ownership.

Then buy additional real estate for resale.

Finally, acquire other valuable assets that can be passed down, such as art, jewelry, or licenses.

CHAPTER 46: BUILDING VULNERABILITY AND RELIANCE

System of building vulnerability and reliance on one another

Spend one hour each day discussing problems, similar to the family system.

Do scary or challenging things together regularly.

Slowly practice mutual self disclosure, starting from simple information such as where you live, and gradually moving toward more personal information such as your biggest insecurities. Do this by asking increasingly personal questions and answering them little by little each time you meet, until full self disclosure is reached, where you both know each other deeply. Do this in a non judgmental way.

Be physically affectionate in a non sexual way, such as hugs and hand holding, and increase this gradually over time.

Maintain long eye contact for five full minutes each day while expressing gratitude toward each other.

Celebrate positive news in some form whenever it happens.

Share emotional experiences together, such as crying, laughing, or feeling scared. Gradually deepen these experiences over time, starting with laughing together, then moving toward more intense shared emotions such as fear and crying.

CHAPTER 47: NETWORKING

SYSTEM OF NETWORKING

Networking works because you start with people you can reach, and then the more people you reach, the more you can access people you could not reach before. Over time, you can go from not

knowing wealthy people to knowing them after a few months of networking.

Half of networking is being charismatic and approachable, and the other half is simply showing up. So follow both systems.

Know the type of people you want to network with first. If your goal involves many types of people, that is even better.

Find those people and go to events where they are likely to be, especially places that align with your values.

Network about once a week.

List of places to go to expand your network includes environments where you are placed in

groups with random people to complete tasks, places with mentors where you can learn and connect with other students, places where people work toward shared goals such as volunteering groups, and social events where there are many people you know and do not know, such as parties.

When networking, spend time regularly with people you want to connect with rather than only meeting once. Offer small favors when possible, such as sharing knowledge or information, but avoid asking for large favors.

When participating in group activities, invite others regularly. Bring a friend who can also introduce their own friends. This is one of the easiest ways to grow your network.

Ask acquaintances you do not see often to join you in activities, because they may introduce you to people from their own social circles.

CHAPTER 48: Enlightenment

Clear your mind and your world will be cleared. Expand your mind and the world will be expanded with it. What used to be hard will not be as easy as breathing. That is the power of enlightenment.

SYSTEM OF ENLIGHTENMENT

There are 3 forms of enlightenment.

Once you get them, it will be like waking up from a dream, so if you have to ask yourself, am I there

yet, the answer will be known because you will know when you get there that you are there.

The first form of enlightenment is being detached from everything. This can be gotten by, a bit hard to describe, shifting your gaze. A method I learned that can fast forward people into this form of enlightenment is observing yourself observing other things. Don't focus on what you look at, focus on what your eyes are looking at. Observing your eyes observing other things is the only way I can describe it that makes sense. Practicing this will eventually lead you to do this with other things.

The second form of enlightenment is a sense of non duality. This step is impossible while you are still attached to your body. To get this, you must understand logically and then emotionally that we

are all made of God's energy or atoms and basically we are all the same. Then be so relaxed you feel the vibrations of your body and the vibrations of the entire world around you. This is also hard to achieve but I found it easier to explain. To achieve it fast, don't focus on relaxing first but on understanding everything is connected and one, logically.

The final one is feeling both the sense of detachment and the sense of connectedness, as in the first and second forms, at the same time. This will lead you to transcend and get to a level of enlightenment and higher consciousness the monks have talked about. Once you are in this stage, you will have full control over your mental states, pain intake, and pretty much your mind.

CHAPTER 49: BEING ACCEPTED

SYSTEM OF BEING ACCEPTED

Know who you are and accept yourself. If you don't know, how could they accept something that does not exist?

Identify all the groups you belong to.

Not everyone will accept you for who you are. Understand you don't need everyone, you only need to find your tribe who will.

Seek out like minded people through the networking system.

People accept those who they can sympathize with, so to feel accepted and to be accepted by people,

talk often and honestly about challenges you are facing, your struggles, and the worries you have with the people you want to accept you. Ideally, use the charisma system to talk about this.

Overcoming challenges with others together gets them to accept you in a way that makes you feel welcomed and accepted, even if there are many differences between you.

Reflect on the situations when you were not accepted, why such a situation occurred, and what could have been done better.

Accept others for who they are and accept their differences by practicing empathy.

CHAPTER 50: Happiness

SYSTEM OF HAPPINESS IN LIFE

Being part of groups that make you feel accepted gives a high form of happiness.

Time your workouts such that after them you follow the system of coping with emotion.

Stretching daily gives happiness.

Helping people and being there, like cleaning up trash once a week, leads to high forms of happiness.

Savoring positive experiences by reflecting on them each day.

Spend 15 minutes a day thinking about the best possible future that you can achieve tomorrow.

All these things were systems already in this book or already parts of the system in this book, so following them will get you to have your zeel of a happy life accomplished.

However, what is left is not written anywhere, and that is a one hour long weekly mindful meditation practice as the final step to feeling true happiness.

Once you do these eight things repeatedly in life, you will get the sense of happiness in life.

CHAPTER 51: LETTING ONESELF GO

System of letting go

Letting yourself go means not trying to force anything to happen, just letting it happen.

We try to force things because we have rules we made to hold ourselves together.

Go to a safe place where you can do whatever you want, say whatever you want, and be whoever you want without any consequences, so that all the imposed rules are fully gone.

You will get doubts, thoughts, and other things that make you say no to doing this. Observe them as passive events and detach yourself from them.

Get really comfortable and relaxed.

Identify the last time you let yourself go. Mentally recall and visually remember the situation that strongly evoked it, and sit with this memory until the emotion rises slowly and builds up more and more. As it builds up, watch it without judgement.

This is also possible with any emotion you need to feel.

Do, say, dance, sing, or whatever it is your body decides to do on its own with no conscious effort, just pure freedom, and have your subconscious mind fully take over your conscious experience.

CHAPTER 52: RELATING TO OTHERS

System of relatedness

Practice three hours of active listening with another person five times by paraphrasing, asking open questions, reflecting emotions, reducing judgement, and giving feedback to each other on how easy you were to talk to and how related to

the person you felt, ideally with someone close like a friend or romantic partner.

Practice teaching someone something difficult that you yourself are able to do by being warm and understanding of their difficulties until they are able to do it successfully.

Have the hour of talking about problems with your partner or your family every day.

Find people who inspire you and watch them often to feel their inspiration and relate to them.

Spend time with good teachers who make you feel like a good student and make it easy for you to learn.

Spend five minutes each day thinking about someone else in your life and their struggles.

Do team activities, meaning having shared goals and challenges to reach or overcome with other people and doing them together.

CHAPTER 53: GETTING RECOGNITION

System of getting recognition

Be very charismatic and mention what you have succeeded in doing often in your stories.

Ask for advice in doing things that require skills that you have acquired such that when people give it to you, they assume you are capable of doing so.

If possible, showcase the skill you have when you are assumed not to have it by demonstrating it in front of people that should give you recognition for it.

Now it is smart to actively attempt to get the next sources of recognition rather than assuming they will happen to you by doing things that get you them.

Be endorsed by the media or the news about your accomplishments, or you yourself promote the things you have succeeded in doing publicly in some way like posting it on TikTok.

Have credentials under your name like doctors and professors do that you are commonly referenced

as. Put them yourself when describing yourself or your name in applications and similar contexts.

Be endorsed by many people, but most importantly credible sources like education systems, driving schools, and things that give you licenses, army, and so on, and have documents of them endorsing you.

Have formal awards such as trophies, medals, and similar recognitions.

Have your name on public rankings, leaderboards, and things of that nature based on things you have done.

CHAPTER 54: PRIVACY

System of privacy

To have privacy means having a place of solitude that is unobservable by others in any way and uninterrupted by others while you are in that place.

It is important to get at least one hour a day for solitary activities.

If you live alone or live in a place where you have your own room that you can lock, you have privacy and can spend time there.

In case you do not have access to such places due to family reasons, your partner, kids, or other circumstances, it is important to create such a place.

To create such a place, you can build one, rent one, or see if there are any such rooms available in public spaces.

If you cannot find any, nature is a large place. Go hike on a mountain no one goes hiking in or a forgotten forest, and find a place in nature that is uninhabited by people and accessible to you, then make it your place of solitude.

If that is also impossible, adjust your sleeping time so that it differs from your family's sleeping time, so you can have moments of solitude while everyone is asleep.

CHAPTER 55: SENSE OF PEACE

System of having peace in life

Follow the system of happiness.

Follow the system of fitness.

Each day, take a thirty minute walk in nature and let the moment breathe.

Follow your fitness system.

Go in a sauna and then take a cold plunge.

Meditate mindfully once per week for one hour.

Do not spend time with people who cause drama. If possible, remove them from your life, or if impossible, then follow the conflict resolution system.

Spend time with the people you enjoy spending time with as often as possible.

Write letters to yourself once per week giving yourself compassion for the things you have experienced.

Be compassionate towards others, even people you dislike, by understanding what made them this way.

CHAPTER 56: INTIMACY

System of intimacy

Before doing this with others, do each of these things a few times with yourself.

Follow the relationship system, the friendship system, and other related systems previously written because they all lead to having intimacy.

Spend about one time per week doing rituals of connection with one another, like the duo dance by Fillanites, singing together, writing a story together, and similar activities.

Do non sexually driven touch often, such as hugs, holding each other, and similar forms of physical contact.

Express gratitude toward the person you are building intimacy with.

Build mental maps of the important inner world of someone you love, and vice versa, meaning their thoughts, feelings, preferences, history, stresses, dreams, and daily life. The more you know about each other, the more mental maps you can create, and the greater the intimacy.

CHAPTER 57: REPUTATION

System of having good reputation

Have open body language.

Follow the system of being approachable.

Follow the system of being charismatic.

Show yourself to be a genuinely positive person when interacting with people by smiling, not in a forced way, but as it happens naturally because you are positive, or in some other similar way.

Be fully transparent with others and unapologetically honest.

Keep your words at all times. Do not make promises that you do not know you will be able to

keep, but do make promises that you know you will absolutely do.

Be a Follanite, be capable and dependable.

When your reputation is being damaged, admit fault and solve the problem in a similar way you would solve conflict, by making it a win-win situation for the thing you are at fault with and for yourself. Do not attack back, because it will only cause them to attack in return.

Do not attack anyone, but seek to understand them and from understanding seek to change them. Attacking them or their reputation will get them to tarnish your reputation in return.

CHAPTER 58: REGULATING SOCIETY

System of regulating society

Use networking, charisma, and such things to gain a big reputation, public support, as well as wealth. Showcase your ideas to the public that trusts you fully and openly and explain to them why it will work.

Gain access to the leaders of society, if living with kings either marry into it or become an advisor or such, if in democracy start your own political party or join an existing one, etc.

Understand the form of society you are being led in, understand what it is that controls that society, and reach the level of control such that you have the thing that controls underneath it all.

Once you are in the position of leadership, get other follanites and those who share beliefs with follanites of how the government should be into

the same position.

Using your position of power gained through your other zeels, meet with the common people often and use that power to speak for the people and keep the government in check in the name of the common people.

Use the power you have with the other follanites to turn the government into a society follanites should aim society to be.

CHAPTER 59: PROTECTION FROM PHYSICAL HARM

System of protection from physical harm

In the places that you own, all your valuables should be kept behind things that only you can

uncover. This includes building fences with gates, having a safe for all your valuable items, having locks on all your doors and windows, etc. Basically physical barriers for all things you own someone might try to take.

Have monitoring and detection services like cameras or alarms for the things you own, such as your house or your backyard.

Ensure that detection and monitoring services include improving lighting, clear sight lines, and landscaping, so there are no places where someone can hide from detection.

Learn skills in self defense, skills in de escalation, and skills in situational awareness.

When going to places you do not own, practice situational awareness and go with friends who are calm under pressure rather than going alone.

Monitor and assess the place you are going to before going to it. Be aware of all the risks that can happen while you are there and avoid doing things that increase the likelihood of them happening. If possible, only go to places that are high trust and avoid all high risk areas.

Have security of some sort, such as trained security personnel, protective equipment, or other safety measures that keep you safe.

Learn to detect threats early before they become serious.

Learn to scan for unusual behavior, stay alert, and trust your instincts.

Do drills and practice emergency situations when going to potentially risky places so you know what must be done when they happen.

Have emergency responses such as a first aid kit, plans, and necessary tools or technology.

CHAPTER 60: PROTECTION FROM MENTAL HARM

System of protection from emotional harm

Have a job that follows the job system.

Follow the sleep system.

Follow relationship systems.

Follow the system of coping.

Follow the fitness system.

Follow the happiness system.

Then meditate for 15 minutes before coping.

Practice cognitive delusion where you observe your negative thoughts passively as if they are passing by at a bus stop.

Psychoeducate yourself on emotional things you yourself have. Learn to do stress reduction activities, learn to reframe your cognitive thoughts, learn distress tolerance, and learn emotional regulation, as said in the letting go system.

Do relaxation exercises like meditation before big stressors whenever you expect them to happen.

Have a safety plan laid out where you can leave anything and any place in a safe way such that if anything truly bad happens, you can go away safely.

CHAPTER 61: PROTECTION FROM REPUTATIONAL HARM

System of protection from reputational harm

Be as transparent and honest in everything as much as possible.
Be consistent in your messages and values.

Go to places that talk about you once a week and where they talk about you. If you find talks that could damage your reputation, ask them to not talk this way about you privately using the conflict resolution system. If they choose not to, move to step four.

Respond as quickly as possible to potential reputational risks publicly.

Apologize for doing the bad things they truly fairly criticized you for, or seeming like you did in ways they unfairly criticized or insulted you.

Counterbalance the criticism you received and your wrongdoings with good deeds made publicly and in a redeemable way.

Have collaborations with respected third parties who endorse what you do and support you against attacks on your reputation, and establish these relationships before any conflict happens.

CHAPTER 62: HOPE

System of having hope

Follow the system of freedom.

Follow the system of happiness.

Follow the system of protection from emotional harm.

Follow the religion of follanism and do the prayer follanites do.

Set clear goals in life, then generate multiple pathways to reach them and have internal motivation to do them.

Have hope by practicing it. Reframe pessimistic beliefs into optimistic alternatives, for example, “I have succeeded doing this before, I can do it in the future again.” Do this until the way you think is optimistic.

Spend 15 minutes a day identifying the ideal tomorrow and how you would make it happen.

Write down a list of your strengths and a list of positive things about the world, and what you believe you will be in the best possible scenario and what the world will be in the best possible

scenario after five years from now, measured on likelihood.

Sit or stand with your eyes closed, slowly focus and imagine you have achieved all your goals vividly and concretely, and you are exactly at the point you would be immediately after the goal you are envisioning is achieved.

CHAPTER 63: REDEMPTION

System of redemption

Acknowledge harm to the victim, confess truthfully the damage you have done, and sincerely apologize either in a letter or in person.

Get yourself, the victim, and the community involved in a room and collectively reach an agreement with the victim on reparations and what should be done.

Get the victim and yourself in a private room with a trained mediator to discuss the situation and seek amends.

Do things that would help the community of such victim cases lead better lives.

Give the victim and their community the reparations you both agreed to.

Reconcile with the victim.

Once done, ask for forgiveness. If given, accept it. If not, move on.

Live your life with the debt of your sins paid off.

CHAPTER 64: TAKING RISKS

System of taking risks

Understand that risk is a form of betting, and you can gain and lose, and when you gain it works more in your favor, and when you lose, you lose what you already wanted to.

Do this every single day.

Pick a challenge that makes you go against someone.

Find someone who believes they can win the challenge over you.

Ask yourself what you are okay with losing. It could be money or anything. In exchange, ask them to do something of equal value that will get you to accomplish your zeels.

Bet with this person and have the agreement in place on who wins the bet gets what.

Go against them in this challenge. This can be sports related, memory related, or anything else.

Win and get what you bet on, or lose and give what you bet with.

Repeat daily with another person if the same person does not want to do the same.

CHAPTER 65: RELIANCE ON MANY SOURCES

If you rely on one thing to accomplish your zeel, what will happen to it once that reliance breaks apart? Many people rely on the safety of their jobs. They know if they work the same job, in the same company, it will lead to safety. However, what happens when you live such a way for 10 years and the company falls or fires you? You would live safely and still fail. That is because having one thing to accomplish your zeels means that thing becomes a matter of life and death. What feeds you controls you. As a follanite, seek that all zeels that are accomplished have backup in case the main way fails.

CHAPTER 66: MANAGING STRESSFUL SITUATIONS

System of dealing with stress

Follow the fitness system.

Follow the sleep system.

Follow the happiness system.

Follow the assertiveness system in the next chapters.

Follow the time management system in the next chapters.

Identify what your core values in life are.

Practice what you preach, meaning live a life that aligns with your values.

When stressed, figure out what is stressing you out. Identify what is making you think of catastrophic thoughts or nervous thoughts, and use the coping with unwanted mental things system to cope with those thoughts.

During small stressful moments in life, do resonant breathing, where you breathe slowly in the pace of your heart. Put your hand on your heart and breathe with the tempo it is producing.

When doing stressful things, before and after, practice deep slow breathing from your diaphragm. Then tense each muscle group and relax them one by one. Finish by imagining yourself back in a place where you were relaxed and calm, and stay there for a little while.

After you have grounded yourself, write down what you are stressed about, and using the scheme formation system, problem solve the things that are causing your stress and make a plan that will remove the reasons for your stress.

Follow the plan.

CHAPTER 67: INTRINSIC MOTIVATION

System of intrinsic motivation

Have relatedness to others.

Have good relationships.

Have a clear direction in where your life is going.

Have a list of your personal values and goals.

Ask yourself what person, what thing, what idea, or what whatever is the most valuable thing that you have in your life, the one you are connected emotionally the most with. Answer that question.

Find a person that inspires you to be a certain way or is inspiring in ways that make you want to be like them, and spend time being inspired by this person.

When doing things, try to have your own method of how you do things, such as pace, method, and topic, and have it be linked to the direction of your life. If not, shift the perspective so it becomes such.

Link whatever it is that you are doing to the most valuable thing in your life. It does not have to be

directly about it, but link it so that it is in some way about it. For example, going to the gym to get strong enough because your partner should be with someone who is healthy enough and does not need to worry about them. Whenever you think of quitting, close your eyes and picture the thing you value most.

Track progress on everything you do and get feedback on everything until no more feedback is needed.

CHAPTER 68: JUDGING PEOPLE CORRECTLY

System of judging people's character accurately

To know if a person you meet a few times is a good person or not, put them through a series of a few tests to see if they match the vibe you should seek out from them.

The first test is to observe them. Pay attention to coordination of gestures, posture, and facial expressions. If they have coordination like synchronous nodding, relaxed postural shifts, head tilts, and micro-expressions of neutrality, like lack of fidgety behavior, they pass. If they have out of sync or abrupt movements, they fail.

Then watch them answer a simple question. Do they seem supportive and sympathetic to you? Do they have frequent smiling, nodding, positive tone, open posture, and attentive eye contact? The more

traits of warmth they have, the better the connection they will make.

Pay attention to whether the person naturally mirrors your speech patterns or body language. For example, if you scratch your head or cross your legs, do they do the same moments later? The more they do this, the more they pass the test.

Then talk to them and mention a situation that gives you distress and is visible on your face. Did they respond more sympathetically or more unaware of your distress? The more aware they are, the more they pass the test.

When talking, do they interrupt you? If so, they fail the test.

Are they more interested in your thoughts or only talking about themselves? For example, if you mention a difficulty or excitement, does the person respond with empathy versus quickly steering the conversation back to themselves? The more they steer it back to themselves, the more they fail.

Ask them two hypothetical situations. The first one is imagine you could give a limited number of resources to people. How much would you give to a close friend, an acquaintance, and a stranger? The steeper the drop in generosity from friend to stranger, the more they fail the test.

The second one is suppose I give you this amount of something and you can share as much as you like with me. How much do you give? If they say

half or more, they pass the test. If it is less, they fail.

The final test is to present the opportunity for a small, unpaid favor and see if they volunteer. For example, drop your pen, and if they pick it up without being asked to, they pass the test. If they do not, they fail.

The more tests they pass, the better person they are, and the more they fail, the worse they are to have around. That is how you judge someone in short amounts of time.

CHAPTER 69: DISCIPLINE

System of discipline

Discipline is doing what you should even when you don't want to do it.

Do things for 90 days so they become habitual.

During those 90 days, ensure you think minutes before going to bed how your future day is going to be every time.

Whenever you feel like not doing things later, use the getting to use your knowledge system.

Whenever you feel like not doing things in the moment, recall the intrinsic motivation system and get it to push you to get it done.

After 90 days of repeated action, you can finally relax and you will do it without much conscious effort, and that will go from discipline to habit.

CHAPTER 70: DE-ESCALATION

System of de-escalation

When in a high tension situation, stay emotionally calm and do not try to match the level of the person who is raising the tension.

Make sure all exits are accessible to the person causing the tension.

Maintain calm and relaxed body language. Stay around five meters away from them. Get on equal eye level with them. Have your body face them and keep eye contact with them, and nod while they are venting.

Keep the tone of your voice low and speak slowly. Keep body movements slow.

Do not react to what they say and do not answer their questions. Keep your face neutral. Those who are in tension states cannot reason, so do not attempt to defend, debate, or lecture them on anything.

Let them fully vent first without interruptions and just listen to what they are venting about. Be patient and wait until there is a moment of silence, and understand that this is when they have stopped venting.

Thank them for the confrontation in some way, summarize what they vented about, and agree with them on the points you agree with.

Acknowledge what they are feeling and admit fault in making them feel this way. Validate that anyone in their situation would feel the same way. Do not focus on the facts of the situation, only on the feelings of the person who is raising tension.

Ask them to do something together to cool down, such as taking a walk or breathing slowly.

Do so, but if you see the situation escalate and there is nothing you can do, leave as fast as possible.

CHAPTER 71: SITUATIONAL AWARENESS

System of situational awareness

Always stay relaxed and calm.

Be aware of the place you are going to before going.

Position your body and go to places where you can observe everything around you and where you can access two exit points you know how to use in case you need to.

Have a baseline of what is regular and normal in the places you are in.

Scan the place starting from around your feet and then the entire environment, and check if anything is irregular compared to your baseline. Remember everyone has a purpose for doing things, and finding a person whose purpose you cannot identify is how you find the anomaly.

If there are no anomalies, continue. If there are, choose whether you will investigate it or move in the opposite direction, like a key falling off a table in your house. Do not choose to ignore it.

It is important to practice observation as you would a skill. Start with learning to hunt, you can just catch animals without harming them.

Practice living in the moment by pointing out things that are in the moment.

Practice estimating distances and timing by guessing how far away things are and how long someone will take to do something.

Practice people watching in public and, from observing them, infer possible factors of their life, why they are there, and what they will do next.

Practice until your guesses are correct most of the time, and positioning, scanning, and making exit strategies are natural for you.

CHAPTER 72: DISTRESS TOLERENCE

System of distress tolerance

Follow the happiness system.

Follow the coping with unwanted emotions system.

Follow the intrinsic motivation system.

Have a list of all your core values.

Write a list of things that would stress you out to do, understand why they stress you out, then do when x happens do y reasoning for each, take it and do it.

Make a list from easy distress to high on them.

Each day do something that triggers distress, like cold showers, starting from the easy way such as only your hands and face, and after a fifty percent drop in distress, make it harder, then again wait for a fifty percent drop in distress to fully immerse.

Spend 30 minutes writing down all the qualities you'd have under pressure. Answer what kind of person you want to be once you are under pressure.

Learn to focus on your breath whenever a stressful situation happens.

Each day, do something that gives you distress.

CHAPTER 73: ASSERTIVENESS

System of assertiveness

Follow the system of distress and the system of managing stress.

Find and watch other assertive people to model how they do it.

Using the cope system to cope with unassertive cognitions (like I cannot say no) and replace them with assertive cognitions.

Identify common assertiveness challenges (refusing a request, confronting harassment, etc).

Role play them and be assertive in them in the same way you saw the person you are modeling assertiveness from.

Get feedback from the person you're role playing assertiveness on about how assertive they felt you were.

Do this until it is like a muscle that whenever a situation occurs where you need to be assertive, you will be.

CHAPTER 74: MANAGING TIME

System of managing time

Follow the system of intrinsic motivation.

Make the environment you are in such that you do not have distractions.

Find what time of the day you have the most energy and schedule demanding tasks when your energy is at its peak by experimenting with yourself.

When what you are doing is interrupted, check if the interruption can wait and put it off in a box of ideas to do later.

Do not rest between tasks.

Have 30 minutes each day that are taskless.

Use a to do list app and think of how your day will go every night before going to sleep.

Instead of writing down actions, write down targets to get to.

Write down non negotiable things you have to do that will take x amount of time every day, such as routines and rituals.

Label your tasks from most important to least important and do them in that order during the day. Also place time consuming tasks in between ones that are not.

Group similar but different tasks so they are handled in one uninterrupted series during the day rather than separately.

Specify when and where tasks will happen and use if then planning such that your entire day is complete. Focus only on one task at a time and be

realistic with timing. Set clear deadlines for each task but do not give too little time or too much time to reaching the target.

Have feedback at the end of the day on how you could have done better.

BREAK CHAPTER

THE GOVERNMENT

The Dawn writes about the zeels that individuals should aim to meet. The Dusk writes what society needs to meet because society has zeels too. Due to not having The Dusk of the Follainites as I am writing this book, I decided to showcase 1 system

for future Dusks on how to make systems of governments. It is important to see what people wish society to be, why do they collectively want it until the zeel of society is found. But unlike accomplishing zeels, society should also function as prevention of zeels being damaged. Thank you for reading.

This will be the outline of the 1st chapter of the 2nd book about follanism called

The final word 2

CHAPTER 75: THE EDUCATIONAL SYSTEM

A perspective about how without proper education society will eventually fall and that a stupid population is not one that can compete with science and that it was those who followed science that won in history and those that didn’t lost

SYSTEM OF EDUCATION IN SOCIETY

Schools must teach kids finance, civic and legal literacy, economics, sex education, and how systems in the government work, bullying, negotiation and communication skills, social emotional learning, literacy (reading and writing), numeracy, metacognition, critical thinking and reasoning, self regulation, social skills, health (physical and mental basics), and basic science understanding (how reality works, scientific

method). If it is relevant, authentic, and useful for all people to know, schools should teach it.

Schools should have clear rules that all students abide by and are upheld by the school, and they should be posted everywhere for kids to read, and have an anonymous reporting system where all students can say what they want about the school. Schools should have a select group of students help other students like those who are bullied from each class. All things in schools should be under supervision.

People should start school at 6 years old but the topics should be age adjusted for each age.

All classrooms should have two teachers, one who teaches and one who supports the students, and a limit of 40 students.

Classrooms should have a set list of each topic that is being taught in all subjects, and to pass the level of the classroom, those who succeed on all subject topics go to the next level classroom and those who stay behind retake it until they pass on all subjects.

When teaching, teachers should follow the method of explaining what it is, using an example, and showcasing how to use it practically to students, and then let students use it themselves hands on in interactive ways. After that students discuss it by asking questions, and the teacher asking questions to the student for each subject topic.

For homework, students should showcase how they applied what they learn in school to real life.

Teachers should teach by using around 15 minutes of instructions about the topic, 15 minutes of getting students to participate, then a 10 minute break. After the break they learn a new topic in another subject.

Each day of school should have a club activity after a certain class as a class of its own like a sports club or a chess club.

Tests should be taken each week for each topic and then taken a month for all the topics included. They should not be graded from A to F system or 1 to 5 system but rather pass or fail tests. Those who failed should retake the system 2 days later after

they have gotten feedback from their teacher on what they failed at the day after. Exams should ideally be both a verbal test and a written test.